

## Jamaican Banana Fritters



### Prep:

5 mins

### Total:

20 mins

### Makes:

18 servings

### Utensil:

11" Square Griddle  
medium mixing bowl

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### Recipe:

### Contributed By:

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### Recipe Description:

Get away to the islands with this delicious and decadent treat. Don't know what to do with those ripe bananas? This is the perfect recipe for you! Easy to make and in no time you'll have a sweet treat for dessert or for breakfast. Top with any toppings of your choice. Fruits, nuts, syrups, let your imagination run wild!

5 medium  
overripe bananas, mashed  
3 tbsp  
brown sugar  
(36  
g)  
1 tsp  
cinnamon, ground  
(3  
g)  
½ tsp  
nutmeg, ground  
(2  
g)  
1 tsp  
vanilla extract  
(4  
g)  
¼ tsp  
natural salt  
(2  
g)

1 cup  
all purpose flour  
(120  
g)  
coconut oil spray  
Optional Toppings: Powdered sugar, honey, shredded coconut,  
nuts and/or any fruit of your choice.

**Directions:**

1. Add your bananas to a mixing bowl and mash them up with a fork. You can make them smooth or chunky, if desired.
2. Add the sugar, spices, vanilla extract and flour into the banana mixture and combine.
3. Spray griddle with coconut oil and preheat. Add batter in 2-3 inch rounds, fits approximately 9 fritters.
4. Cook fritters until crisp and have gotten a golden brown on both sides. Press down to ensure the batter has cooked through and none runs out.
5. Remove from the griddle and top with any toppings you desire. Serve warm.

Nutritional Information per

▼ Serving

**Calories:** 231  
**Total Fat:** 3g  
**Saturated Fat:** 2g  
**Cholesterol:** 37mg  
**Sodium:** 183mg  
**Total** 46g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 15g  
**Protein:** 6g