

Fried Bananas (No Added Sugar)

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This easy 10-minute fried bananas recipe turns simple pantry ingredients into a decadent snack or dessert.

Course	Dessert
Cuisine	American

Prep Time	5 minutes
Cook Time	5 minutes
Total Time	10 minutes
Servings	2 servings
Calories	165kcal
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Ingredients

- 2 bananas medium, not too ripe
- ½ teaspoon ground cinnamon
- 1 tablespoon virgin coconut oil or unsalted butter

Instructions

1. Slice the bananas into ¼-inch slices and sprinkle them with cinnamon.
   2 bananas, ½ teaspoon ground cinnamon



2. Heat a large skillet over medium heat for about 3 minutes. Add the coconut oil and swirl to coat.
   1 tablespoon virgin coconut oil



3. Add the banana slices in a single layer. Cook until golden, 2-3 minutes on each side.



4. Divide into two plates, spooning any remaining coconut oil from the pan on top. Serve immediately.



Notes

- This recipe is not suitable for overripe bananas. It requires ripe yet firm bananas. It's OK to use slightly under-ripe bananas.
- You can keep the leftovers in an airtight container in the fridge for up to four days. Reheat them in the microwave, covered, at 50% power.
- If you'd like to sweeten the bananas, cook them, remove them to a plate, and add a tablespoon of honey or maple syrup to the pan. Swirl the pan to mix the sweetener into the juices, then drizzle the juices over the bananas.
- This is not a low-carb recipe.

Nutrition

Serving: 1banana | Calories: 165kcal | Carbohydrates: 27g | Protein: 1g | Fat: 7g | Sodium: 2mg | Fiber: 3g | Sugar: 14g