

ð?•? 2-Ingredient Banana Donut Holes

Description

2-Ingredient Banana Donut Holes are simple, bite-sized treats made with just ripe bananas and self-rising flour (or a mix of flour and baking powder). Air-fried or baked to golden perfection, theyâ??re soft, slightly sweet, and perfect for a healthy-ish snack or dessert.

Once upon a morning rush, a busy mom wanted to whip up something quick, healthy, and fun for her kids. She glanced at her overripe bananas and remembered the magic of self-rising flour. In just 15 minutes, warm donut holes filled the kitchen with the smell of sweet success. That moment turned into a family favorite, proving that sometimes less really *is* more.

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ð??• Ingredients

- 1 ripe banana (mashed)
- ½ cup self-rising flour (or all-purpose flour + ½ tsp baking powder)

ð?•´ Instructions

- 1. Mash the ripe banana in a bowl.
- 2. Mix in self-rising flour to form a soft dough.
- 3. Roll dough into small balls (about 1-inch wide).
- 4. **Air fry** at 350°F (175°C) for 8â??10 minutes until golden brown. (Or bake at 375°F for 10â??12 minutes)
- 5. Optional: Toss in cinnamon sugar or drizzle with honey for extra sweetness.

ð??? Tips & Variations

- Add a pinch of cinnamon or vanilla for flavor.
- Want it sweeter? Stir in a teaspoon of maple syrup.

• Use gluten-free flour to make it gluten-friendly!

ð??¡ Why Youâ??II Love It

- Just 2 ingredients
- No added sugar (unless you want to!)
- Kid-friendly and adult-approved
- Air fryer or oven-friendly

Category

1. Air Fryer Recipes

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