

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)
- **Â½ cup self-rising flour** (or all-purpose flour + Â½ 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 350Â°F (175Â°C) for 8â??10 minutes until golden brown.
(Or bake at 375Â°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??ll 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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