



Air Fryer Banana Bread

Description

Banana bread has long been a beloved comfort food, cherished for its moist texture and rich flavor. With the advent of air fryers, this classic treat has been reimagined to suit modern kitchens, offering a quicker and more energy-efficient baking method. This eggless air fryer banana bread recipe is not only simple to prepare but also caters to vegan diets, making it a versatile addition to your baking repertoire.

The inspiration for this recipe stemmed from a desire to simplify baking without compromising on taste or texture. After experimenting with various air fryer recipes, the realization dawned that banana bread could be adapted to this appliance, resulting in a moist, flavorful loaf in less time than traditional oven baking. This journey into air fryer baking has opened up new avenues for creating delicious, health-conscious treats with minimal effort.

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Ingredients

- 2 ripe bananas (approximately 1½ cup mashed)
- 1 cup (120 grams) all-purpose flour (maida)
- ¼ cup milk or non-dairy milk (such as almond, soy, or oat milk)
- ½ cup brown sugar (adjust to taste)
- 3 tablespoons neutral oil (like sunflower, canola, or olive oil)
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 teaspoon vanilla extract
- A pinch of salt
- 8 to 10 chopped walnuts (optional)

Instructions

1. Prepare the Wet Ingredients

- Peel and mash the ripe bananas in a mixing bowl until smooth.

- Add the milk, oil, vanilla extract, and brown sugar to the mashed bananas.
- Whisk the mixture until all ingredients are well combined and the sugar is dissolved
- 2. Preheat the Air Fryer and Prepare the Baking Tin**
 - Preheat your air fryer to 160°C (320°F).
 - Grease a small baking tin (approximately 5"x5") with oil and line it with parchment paper. Lightly brush oil over the parchment paper as well.
- 3. Combine Dry Ingredients**
 - In a separate bowl, sift together the all-purpose flour, baking powder, baking soda, and a pinch of salt.
- 4. Mix Wet and Dry Ingredients**
 - Gradually add the dry ingredients to the wet mixture, folding gently to combine.
 - If using, fold in the chopped walnuts.
 - Ensure the batter is smooth and free of lumps.
- 5. Bake in the Air Fryer**
 - Pour the batter into the prepared baking tin, spreading it evenly.
 - Place the tin in the preheated air fryer and bake at 160°C (320°F) for 18 to 20 minutes.
 - Check for doneness by inserting a toothpick into the center; it should come out clean.
- 6. Cool and Serve**
 - Once baked, remove the tin from the air fryer and allow the banana bread to cool in the tin for about 10 minutes.
 - Transfer the bread to a wire rack to cool completely before slicing and serving.

Tips and Variations

- **Sweetness Adjustment:** If your bananas are less ripe or you prefer a sweeter bread, consider increasing the brown sugar to 1½ cup.
- **Vegan Option:** To make the recipe fully vegan, use non-dairy milk options like almond, soy, or oat milk.
- **Oil Choices:** Opt for neutral oils such as sunflower or canola to avoid overpowering the banana flavor.
- **Add-ins:** Feel free to customize your banana bread by adding chocolate chips, dried fruits, or different nuts according to your preference.

Conclusion

This air fryer banana bread recipe offers a quick, eggless, and potentially vegan-friendly way to enjoy a classic treat. Its simplicity and adaptability make it a perfect choice for both novice and experienced bakers looking to make the most of their air fryer. Enjoy the delightful aroma and taste of freshly baked banana bread with minimal effort and time.

Category

1. Uncategorized

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