

Air fryer bananas are a healthy sweet treat that is simple to make! All you need are four easy ingredients *and about 15* minutes to make them!

### **INGREDIENTS:**

- 4 yellow bananas
- 2 teaspoons coconut oil
- 1/2– 1teaspoons cinnamon
- Coarse pink sea salt

### **INSTRUCTIONS:**

1. Peel each banana and then cut the ends off so they are flat. Cut into 1-inch pieces.
2. Lay the bananas inside the air fryer basket. You may need to cook in batches depending on the size of your air fryer.
3. Brush the tops of the banana slices with coconut oil and then sprinkle with ground cinnamon.
4. Place them in the air fryer at 375° F or 180° C and cook for 6 minutes.
5. Serve immediately and sprinkle lightly with sea salt.

PREP TIME 5 mins

COOK TIME 6 mins

TOTAL TIME 11 mins



## Nutrition Facts

**Servings:** 4

### Amount per serving

**Calories** **126**

### % Daily Value\*

**Total Fat** 2.7g **3%**

Saturated Fat 2.1g **10%**

**Cholesterol** 0mg **0%**

**Sodium** 128mg **6%**

**Total Carbohydrate** 27.4g **10%**

Dietary Fiber 3.4g **12%**

Total Sugars 14.4g

**Protein** 1.3g

Vitamin D 0mcg 0%

Calcium 12mg 1%

Iron 0mg 2%

Potassium 425mg 9%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.