



JAMAICAN BANANA FRITTERS

SERVES: 6 (3 fritters each) **Prep Time:** 10 min. **Cooking Time:** 13 min.

CONTAINER EQUIVALENTS (per serving): 1 ½

These “fritters” are pan-fried instead of deep-fried, which saves a LOT of calories. It makes them a little more pancake-like, but they’re so moist and naturally sweet that they don’t need any kind of topping. We like to keep them finger-food-sized for great on-the-go snacking!

¼ cup	coconut flour
½ tsp.	ground cinnamon
1 dash	ground nutmeg
½ tsp.	baking powder, gluten-free
1 pinch	sea salt (or Himalayan salt)
1 Tbsp.	coconut sugar
3	large ripe bananas, mashed
1	large egg
1 tsp.	pure vanilla extract
¼ cup	unsweetened almond milk

1. Combine flour, cinnamon, nutmeg, baking powder, salt, and sugar in a large bowl; mix well. Set aside.
2. Combine bananas, egg, extract, and almond milk in a medium bowl; whisk to blend.
3. Add banana mixture to flour mixture; whisk until smooth.
4. Heat medium nonstick skillet, lightly coated with spray, over medium-low heat.
5. Drop 1 heaping Tbsp. batter per fritter into skillet, fitting as many as you can, while leaving room to flip fritters; cook for 2 to 3 minutes, or until bottoms of fritters are golden brown. Flip and cook another 3 minutes.
6. Place on a serving plate; let cool slightly before enjoying.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTE:

- For vegan fritters, substitute 1 Tbsp. ground flaxseed plus 2 Tbsp. + 1½ tsp. water for egg. Mix flaxseed and water, and set aside while combining dry ingredients.

NUTRITIONAL INFORMATION (per serving): **Calories:** 105 **Total Fat:** 2 g **Saturated Fat:** 1 g **Cholesterol:** 30 mg **Sodium:** 83 mg **Carbohydrates:** 21 g **Fiber:** 3 g **Sugars:** 11 g **Protein:** 2 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.