

# Two Ingredient Air-Fryer Banana *Donuts*



**SERVES:** 12 MINI DONUTS

Follow this recipe for a delicious breakfast from Michelle Briceno, Registered Dietitian at Terrebonne General Weight Management.

## Ingredients

- 2 large over-ripe bananas
- 2 cups all-purpose flour

### Toppings:

- 2 tablespoons brown sugar and ½-teaspoon ground cinnamon mixed
- Melted butter or honey for the sugar to stick

## Notes

**Nutrition:** 1 mini donut provides 110 calories

**Tips:** Serve these mini treats with your favorite fruit for fiber and some Greek yogurt for protein to help you stay full.

## Directions

1. Add your bananas to a bowl and mash. Add the flour and mix until a dough forms.
2. Pour the dough on a floured surface and knead until it is no longer sticky. Add more flour as needed.
3. Roll into small balls and push your finger in the middle to create a hole. Place in air fryer for 350F for 11 minutes until cooked through and golden.
4. Brush with small amount of butter or honey and sprinkle sugar mixture on top.



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