

Choco Fever Dream

Cinnamon Sugar Air Fryer Banana Chips

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, sliced thin
- [ ] 1 tablespoon olive oil spray
- [ ] 2 tablespoons granulated sugar
- [ ] 1 teaspoon ground cinnamon
- [ ] 1 teaspoon lemon juice
- [ ] Pinch of sea salt

Instructions

1. Peel the bananas and slice them uniformly, about 1/8-inch thick. Toss the slices gently with lemon juice in a bowl.
2. In a small bowl, mix sugar, cinnamon, and sea salt. Lightly spray the banana slices with oil, then sprinkle the cinnamon-sugar mixture, tossing to coat evenly.
3. Arrange the coated slices in a single layer in the air fryer basket. Set the air fryer to 350°F and cook for 8-10 minutes, shaking the basket halfway through.
4. Remove the chips, let them cool on a wire rack until crisp, then transfer to an airtight container.

Nutrition per serving

120 kcal	1 g	25 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If chips are not crisp after cooling, give them another 2-minute burst in the air fryer.
- A light mist of oil is enough; too much will make them soggy.
- For extra sweetness, drizzle a tiny bit of honey after cooking.