

Banana Cinnamon Fritters

- Healing Family Eats

Don't like bananas? No worries, you can use this batter mix with other fruits instead.

Serves 4

100g cassava flour
1/2 tsp ground cinnamon
small pinch ground cloves
pinch fine sea salt
1+1/4 cups coconut milk
3-4 tbsp coconut oil or avocado oil
3-4 large just ripe bananas

Put the cassava flour into a large bowl, together with the spices and sea salt. Now pour in the coconut milk and whisk till the batter is smooth.

Peel the bananas, cut them in half widthways and again lengthways, so each banana yields 4 large pieces. Heat a tablespoon of coconut (or avocado) oil in a large frying pan or skillet. A cast iron griddle would be perfect for the job. Dip each banana piece into the batter and place flat side down into the pan. Cook for around 4 minutes on each side, until golden and crispy. Depending on the size of your pan, you will probably do this in 3-4 batches.

Remove from the pan and transfer to a large plate lined with absorbent paper. Sift over some more cinnamon if you like and serve.

Note: If you have any left over batter, you can grab another banana, or make the mixture into pancakes.

