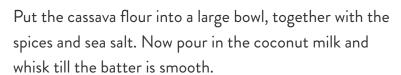
Banana Cinnamon Fritters

- 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





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.