

Plate Dream

Cinnamon-Sugar Air Fryer Banana Chips

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, sliced 1/8-inch thick
- [ ] 1 tablespoon olive oil spray
- [ ] 2 teaspoons lemon juice
- [ ] 3 tablespoons granulated sugar
- [ ] 2 teaspoons ground cinnamon
- [ ] 1/4 teaspoon sea salt

Instructions

1. Peel the bananas and cut them into thin, even slices; place them in a bowl and drizzle with lemon juice, then toss gently.
2. Lay the slices on a clean towel and pat dry; spray lightly with olive oil and toss to coat.
3. In a small bowl, combine sugar, cinnamon, and sea salt; sprinkle the mixture over the banana slices, shaking to coat evenly.
4. Arrange the coated slices in a single layer in the air fryer basket; set temperature to 350°F and cook for 6 minutes, then flip and cook another 5-6 minutes until golden and crisp.
5. Remove the chips, let them rest on a wire rack for a couple of minutes; they will continue to firm up as they cool.

Nutrition per serving

120 kcal	1 g	28 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If some slices stick together, separate them while still warm with a gentle tap.
- For extra crunch, sprinkle a tiny pinch of additional cinnamon right after cooking.
- Adjust the sugar amount if you prefer a less sweet snack.