

Helergon Kitchen

Cinnamon-Sugar Air Fryer Banana Chips

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

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

Instructions

1. Peel the bananas and slice them into uniform 1/8-inch rounds; toss gently with lemon juice in a bowl.
2. In a shallow dish, mix sugar, cinnamon, and sea salt; lightly spray the banana slices with olive oil and roll them in the spice blend.
3. Arrange the coated slices in a single layer in the air fryer basket; set the temperature to 350°F (180°C) and cook for 10 minutes.
4. Shake the basket halfway through; continue cooking another 5-7 minutes until edges turn golden and chips are crisp.
5. Remove the chips, let them cool on a wire rack; they will crisp up further as they reach room temperature.

Nutrition per serving

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

Tips & notes

- If you prefer extra sweetness, dust the chips with a little more sugar immediately after cooking.
- For an added crunch, sprinkle a few crushed nuts after cooling.
- Store in a low-humidity environment to maintain crispness.