



Catholic Health Initiatives

Imagine better health.®

Banana Fritters

Serves 6

Prep/cooking time:

Approximately 30 minutes

Ingredients:

3 medium bananas, very ripe

2 tbsp. honey

2 large eggs

3 tbsp. flour

½ tsp. vanilla

½ tsp. cinnamon



Healthy Comfort Food

Directions:

In large bowl, mash bananas and mix with honey, eggs, flour and vanilla. Preheat large skillet on low. Pour 1 tablespoon of batter into hot, well-oiled skillet. Cook fritter 1 to 2 minutes on each side. Keep warm until ready to serve. Place 4 fritters on each plate and sprinkle with cinnamon if desired.

Harvest of the Month

bananas