

Accra

(Fried Banana Fritters)

Prep Time: 15 minutes

Cook Time: 15 minutes

Serves: 18-22

Fun Fact: Crunchy on the outside and soft inside, this deep-fried banana fritter is a popular street food in Cameroon.



Ingredients

4 large bananas (or 1 1/2 cups of mashed bananas)

1 1/2 cups of whole wheat flour

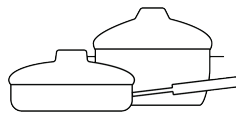
2 tablespoons of brown sugar

2 teaspoons of baking powder

1/2 teaspoon of nutmeg

1/2 teaspoon of vanilla

Oil for deep frying



Directions

1. Mash bananas with a spoon or puree in a blender.
2. Mix bananas, whole wheat flour, sugar, baking powder, and salt in a medium bowl until the batter is creamy.
3. Add nutmeg and vanilla.
4. Let batter sit for 10 minutes.
5. Add 1/2 inch of oil to a large skillet or cast iron pan and heat at 375°F.
6. Scoop batter and fry in batches, turning over once until golden brown (about 5 minutes). Do not overcrowd the pan.
7. Remove fritters and place them on paper towels.
8. Serve warm.