



If you're looking for a quick, delicious, and healthier way to satisfy your sweet tooth, 2 ingredient banana donut holes in the air fryer are the perfect solution. This simple recipe combines the natural sweetness of bananas with the fluffiness of self-rising flour, resulting in a delightful treat that's ready in minutes. Whether you're craving a light dessert, a snack for your kids, or a breakfast option that's both tasty and [guilt-free, this recipe](#) checks all the boxes.

Air fryers have revolutionized home cooking by making it possible to create crispy and flavorful dishes with minimal oil. When paired with the simplicity of just two ingredients, you get a recipe that's not only convenient but also a healthier alternative to traditional fried donuts. In this guide, we'll walk you through everything you need to know to make the perfect batch of 2 ingredient banana donut holes, share tips for variations, and answer common questions to ensure your donut holes turn out perfectly every time.

## How to Make 2 Ingredient Banana Donut Holes in the Air Fryer

### What You'll Need

To prepare these tasty treats, you'll need:

- **Bananas:** Ripe bananas work best for their natural sweetness and softness.
- **Self-Rising Flour:** This combines flour, baking powder, and salt, simplifying the recipe further.

### Step-by-Step Instructions

1. **Mash the Bananas:** Use a fork or blender to mash two ripe bananas until smooth.
2. **Add Self-Rising Flour:** Gradually mix in self-rising flour to form a soft dough.
3. **Shape the Dough:** Roll small portions of the dough into balls for donut holes.
4. **Preheat the Air Fryer:** Set your air fryer to 350°F (175°C).
5. **Cook the Donut Holes:** Place the balls in the air fryer basket, ensuring they don't touch. Cook for 6-8 minutes, flipping halfway.

## What Makes 2 Ingredient Banana Donut Holes Air



## Fryer Recipe So Popular?

The popularity of 2 ingredient banana donut holes made in an air fryer can be attributed to their simplicity, health benefits, and ease of preparation. Here's a step-by-step breakdown of why people love this recipe:

### 1. Minimal Ingredients

With just two ingredients—bananas and self-rising flour—this recipe eliminates the need for complex shopping lists. Most households already have these staples, making it an accessible choice.

### 2. Quick and Easy to Prepare

The recipe involves only three basic steps:

- Mashing the bananas.
- Mixing in the self-rising flour.
- Shaping and air frying.

From start to finish, the entire process takes under 15 minutes, making it ideal for busy schedules or last-minute cravings.

### 3. Healthier Cooking Method

Air frying significantly reduces oil consumption compared to deep frying, offering a lower-calorie treat without sacrificing flavor or texture. The natural sweetness of bananas also means you can skip added sugar.

### 4. Perfect for Beginners

The simplicity of the recipe makes it foolproof, even for those with minimal cooking experience. There's no need to worry about yeast rising or complicated techniques.

### 5. Versatility

These donut holes can be enjoyed as-is or customized with toppings like powdered sugar, cinnamon, or chocolate glaze. They also pair well with dips, offering a variety of serving options.



## 6. Crowd-Pleaser

The soft, fluffy texture and naturally sweet taste make them a hit with both kids and adults. Their bite-sized format is perfect for parties, brunches, or casual snacking.

By combining ease, health benefits, and delicious results, this recipe has become a favorite among home cooks.

## Step-by-Step Guide: 2 Ingredient Banana Donut Holes Air Fryer No Yeast

Making 2 ingredient banana donut holes without yeast is incredibly simple and perfect for a quick treat. Follow these easy steps to create fluffy, delicious donut holes in no time.

### Step 1: Gather Your Ingredients

You'll need:

- 2 ripe bananas (the riper, the sweeter).
- 1 cup of self-rising flour (adjust as needed for the dough consistency).

### Step 2: Mash the Bananas

1. Peel the bananas and place them in a large mixing bowl.
2. Use a fork or potato masher to mash the bananas until smooth and lump-free.

### Step 3: Mix in the Self-Rising Flour

1. Gradually add the self-rising flour to the mashed bananas.
2. Mix the ingredients with a spoon or spatula until a soft, pliable dough forms.
3. If the dough is too sticky, sprinkle in a little extra flour, one tablespoon at a time, until it's manageable.

### Step 4: Shape the Donut Holes

1. Lightly dust your hands with flour to prevent sticking.
2. Pinch off small portions of dough and roll them into bite-sized balls.
3. Aim for uniform sizes to ensure even cooking in the air fryer.



### **Step 5: Preheat the Air Fryer**

1. Preheat your air fryer to 350°F (175°C) for 3-5 minutes.
2. Lightly grease the air fryer basket with non-stick spray or line it with parchment paper to prevent sticking.

### **Step 6: Cook the Donut Holes**

1. Place the shaped dough balls in the air fryer basket, leaving space between them for proper air circulation.
2. Air fry at 350°F (175°C) for 6-8 minutes.
3. Flip the donut holes halfway through to ensure even browning.

### **Step 7: Check for Doneness**

- The donut holes should be golden brown on the outside and cooked through on the inside.
- To confirm, insert a toothpick into the center; it should come out clean.

### **Step 8: Serve and Enjoy**

1. Remove the donut holes from the air fryer and let them cool slightly.
2. Serve plain, or dust them with powdered sugar, drizzle with honey, or dip in chocolate for added flavor.

By skipping yeast, this recipe is not only quicker but also easier for beginners, delivering soft, fluffy donut holes without any hassle.

## **The Healthier Alternative: 2 Ingredient Banana Donut Holes Air Fryer Healthy**

If you're looking for a healthier snack or dessert option, 2 ingredient banana donut holes made in the air fryer are a fantastic choice. These donut holes are naturally sweetened by bananas, and using an air fryer reduces the need for excess oil, making them lower in calories and fat than traditional fried donuts. Here's a step-by-step guide to make this healthier version of the classic donut hole.



### Step 1: Choose Ripe Bananas for Natural Sweetness

1. **Select ripe bananas:** The riper the banana, the sweeter it will be, allowing you to reduce or eliminate added sugar.
2. **Mash the bananas:** Peel the bananas and use a fork to mash them until smooth. The natural sweetness of the bananas will be enough to flavor your donut holes, meaning there's no need for added sugars or artificial sweeteners.

### Step 2: Use Self-Rising Flour for a Healthier Texture

1. **Opt for whole wheat flour:** For an even healthier alternative, use whole wheat self-rising flour instead of regular self-rising flour. Whole wheat flour adds fiber and nutrients while still providing the desired texture.
2. **Add self-rising flour:** Gradually mix in the flour until a soft dough forms. You can also add a pinch of salt if needed.

### Step 3: Shape the Donut Holes Without Excess Oil

1. **Roll the dough into small balls:** Use your hands to shape the dough into small, bite-sized donut holes. Since you're using the air fryer, there's no need to coat them in oil.
2. **Use minimal flour:** To keep the donut holes from sticking, dust your hands lightly with flour instead of using excess oil.

### Step 4: Air Fry the Donut Holes for a Crisp, Oil-Free Finish

1. **Preheat the air fryer:** Set the air fryer to 350°F (175°C) for 3-5 minutes before cooking.
2. **Cook the donut holes:** Place the dough balls in the air fryer basket. Space them out to ensure even cooking. Air fry at 350°F for 6-8 minutes, flipping halfway through for even crispness.
3. **No oil needed:** The air fryer works by circulating hot air around the donut holes, giving them a crisp exterior while keeping the inside soft and fluffy—without needing any oil.

### Step 5: Optional Healthy Toppings

1. **Powdered sugar:** If you'd like to add a touch of sweetness, lightly dust the donut holes with powdered sugar.
2. **Cinnamon or cocoa powder:** For an extra boost of flavor, sprinkle some cinnamon or



cocoa powder on top. Both are healthier alternatives to sugary glazes and add antioxidants.

3. **Greek yogurt dip:** For added protein and creaminess, dip the donut holes in a small bowl of plain Greek yogurt. It complements the sweetness of the bananas and provides a satisfying, healthy dip.

### Step 6: Enjoy Your Healthier Banana Donut Holes

- Let the donut holes cool for a few minutes, then enjoy them as a snack or light dessert.
- These donut holes are naturally sweet, satisfying, and guilt-free, making them a great alternative to traditional fried donuts.

### Why Are These Donut Holes Healthier?

- **No added sugars:** The sweetness comes naturally from the bananas.
- **Lower fat:** By using an air fryer, the need for oil is eliminated, resulting in a lower-fat treat.
- **Rich in fiber:** If you opt for whole wheat flour, you'll add additional fiber to your donut holes.
- **No deep frying:** Air frying retains the crispy texture of fried donuts without the added calories from deep frying.

Making banana donut holes in the air fryer is an easy, healthy, and satisfying alternative to traditional donuts. The simple combination of bananas and self-rising flour creates a naturally sweet, fluffy treat, and using an air fryer ensures you can enjoy them without the extra calories and fat from oil.

## Quick and Easy Recipe: 2 Ingredient Donut Holes Air Fryer

If you're short on time but still craving a delicious, homemade treat, this 2 ingredient donut holes air fryer recipe is perfect for you. With just two simple ingredients and an air fryer, you can whip up a batch of soft, fluffy donut holes in under 15 minutes. Here's how you can make them in no time!



### **Step 1: Gather Your Ingredients**

To make these quick donut holes, you'll need:

- 2 ripe bananas
- 1 cup of self-rising flour (you can also use regular flour and add a teaspoon of baking powder if you don't have self-rising flour)

### **Step 2: Mash the Bananas**

1. Peel the bananas and place them in a large bowl.
2. Use a fork or potato masher to mash the bananas until smooth. Try to get rid of any lumps for the best texture. The riper the bananas, the sweeter your donut holes will be!

### **Step 3: Mix in the Flour**

1. Gradually add 1 cup of self-rising flour to the mashed bananas.
2. Stir until a dough-like consistency forms. The dough should be slightly sticky but easy to handle. If it's too sticky, you can add a little more flour until it reaches the right consistency.

### **Step 4: Shape the Donut Holes**

1. Dust your hands with a little flour to prevent the dough from sticking to your fingers.
2. Pinch off small portions of the dough and roll them into bite-sized balls. Try to keep the sizes consistent so they cook evenly.
3. Arrange the dough balls on a plate or tray as you shape them.

### **Step 5: Preheat the Air Fryer**

1. Preheat your air fryer to 350°F (175°C) for about 3-5 minutes.
2. Lightly spray the air fryer basket with non-stick cooking spray or line it with parchment paper to prevent the donut holes from sticking.

### **Step 6: Cook the Donut Holes**

1. Place the shaped donut holes in the air fryer basket, leaving space between them to allow the hot air to circulate.
2. Air fry the donut holes at 350°F for about 6-8 minutes. Flip the donut holes halfway



through cooking to ensure they cook evenly on all sides. The donut holes should be golden brown and crispy on the outside while soft and fluffy inside.

### **Step 7: Serve and Enjoy**

1. Once the donut holes are done, remove them from the air fryer and let them cool for a couple of minutes.
2. Serve them as is, or dust them with powdered sugar, cinnamon, or cocoa powder for extra flavor. If you prefer, you can also drizzle a bit of honey or chocolate sauce on top.

## **From Scratch: 2 Ingredient Banana Donuts Without Yeast**

If you're craving a homemade batch of donuts but want to skip the yeast, this simple recipe for 2 ingredient banana donuts is the perfect solution. With just two basic ingredients and no yeast required, you can create a soft, delicious batch of banana donuts from scratch in no time. Here's how to do it step by step.

### **Step 1: Gather Your Ingredients**

For this recipe, you'll need:

- 2 ripe bananas
- 1 cup of self-rising flour (or regular flour with baking powder as an alternative)

### **Step 2: Mash the Bananas**

1. Peel the bananas and place them in a large mixing bowl.
2. Using a fork or potato masher, mash the bananas until smooth. Aim to remove any lumps for a smooth texture. The riper the bananas, the sweeter the flavor!

### **Step 3: Mix in the Self-Rising Flour**

1. Gradually add 1 cup of self-rising flour to the mashed bananas.
2. Mix well until the flour is completely incorporated into the banana mash. The dough should be thick but soft and sticky. If the dough feels too wet, add a little more flour until it reaches a workable consistency.





#### **Step 4: Shape the Donuts**

1. Lightly dust your hands with flour to prevent the dough from sticking.
2. Take small portions of the dough and roll them into donut-shaped rings. You can also simply roll the dough into balls if you prefer donut holes.
3. For a neat shape, you can use your finger to create a hole in the center of each ball to form a classic donut shape.

#### **Step 5: Preheat the Air Fryer**

1. Preheat your air fryer to 350°F (175°C) for about 3-5 minutes.
2. Lightly grease the air fryer basket with non-stick cooking spray or line it with parchment paper to avoid the donuts sticking to the surface.

#### **Step 6: Air Fry the Donuts**

1. Place the donut-shaped dough pieces into the air fryer basket. Make sure to leave a little space between each one to ensure even cooking.
2. Air fry the donuts at 350°F for 6-8 minutes. Flip the donuts halfway through the cooking time to ensure they're golden and crispy on both sides.
3. Keep an eye on them as they cook. They should be golden brown and cooked through when done. If needed, add an extra minute or two for crispiness.

#### **Step 7: Let Cool and Serve**

1. Once the donuts are cooked, remove them from the air fryer and allow them to cool for a couple of minutes.
2. You can serve them plain or dust them with powdered sugar for extra sweetness. For a flavor boost, you can also dip them in cinnamon sugar, drizzle some honey, or top them with a little chocolate syrup.

## **Air Fryer Banana Donut Holes: A Guilt-Free Dessert**

Craving a sweet treat but want something healthier? Air fryer banana donut holes are a fantastic guilt-free dessert that satisfies your sweet tooth without the extra calories or oil of traditional fried donuts. These banana donut holes are made with just a few simple ingredients, and the air fryer ensures they're light, fluffy, and crispy without deep frying. Here's how you can make them at home step-by-step.



### **Step 1: Gather Your Ingredients**

To make these guilt-free banana donut holes, you will need:

- 2 ripe bananas
- 1 cup of self-rising flour (or regular flour with baking powder)
- 1 teaspoon of cinnamon (optional for added flavor)
- A pinch of salt (optional)
- Cooking spray for air frying

### **Step 2: Mash the Bananas**

1. Peel the ripe bananas and place them in a large bowl.
2. Mash the bananas with a fork or potato masher until smooth. The riper the bananas, the sweeter and more flavorful your donut holes will be.

### **Step 3: Add Flour and Mix**

1. Gradually add the self-rising flour (or regular flour with baking powder) to the mashed bananas.
2. Mix everything together until a dough forms. If the dough feels too sticky, add a little extra flour until it holds together but remains soft.
3. If you want to add a little extra flavor, mix in a teaspoon of cinnamon and a pinch of salt.

### **Step 4: Shape the Donut Holes**

1. Lightly dust your hands with flour to prevent the dough from sticking.
2. Take small portions of the dough and roll them into balls. Aim for uniform size so they cook evenly in the air fryer.
3. If you'd like a more donut-like shape, gently press a hole into the center of each dough ball to create a ring shape.

### **Step 5: Preheat the Air Fryer**

1. Preheat your air fryer to 350°F (175°C) for about 3-5 minutes.
2. Lightly spray the air fryer basket with non-stick cooking spray to ensure the donut holes don't stick during cooking.



### Step 6: Cook the Banana Donut Holes

1. Place the shaped donut holes in the air fryer basket. Make sure they are not overcrowded to allow hot air to circulate freely around them.
2. Air fry the donut holes at 350°F for 6-8 minutes. Flip them halfway through the cooking time to ensure they are golden brown and evenly crispy on all sides.
3. Once they are golden brown, remove them from the air fryer and let them cool for a minute.

### Step 7: Serve and Enjoy

1. Serve the banana donut holes as is for a lighter dessert.
2. For extra sweetness, you can dust them with powdered sugar or cinnamon sugar. You can also drizzle them with a small amount of honey or dark chocolate for a guilt-free indulgence.

## Banana Donuts Fried vs. Air Fried: Which is Better?

Here's a comparison table showing the differences between **Banana Donuts Fried** and **Banana Donuts Air Fried**:

Feature	Banana Donuts Fried	Banana Donuts Air Fried
<b>Cooking Method</b>	Deep frying in oil	Cooking with hot air in an air fryer
<b>Oil Usage</b>	Requires a significant amount of oil for frying	Requires little to no oil, typically just a spray
<b>Calories</b>	Higher in calories due to the absorption of oil	Lower in calories as there is minimal oil usage
<b>Fat Content</b>	Higher fat content due to deep frying	Lower fat content, making it a healthier option
<b>Texture</b>	Crispy and golden on the outside, soft inside	Crispier on the outside, with a soft and moist inside
<b>Cooking Time</b>	Takes longer due to the need to heat up oil and fry	Faster cooking time, usually around 6-8 minutes



Feature	Banana Donuts Fried	Banana Donuts Air Fried
<b>Mess</b>	Can be messy due to splattering oil	Less messy, as the air fryer doesn't splatter oil
<b>Ease of Cleanup</b>	Requires cleaning of the oil and frying pan	Easier cleanup, only the air fryer basket needs cleaning
<b>Healthiness</b>	Higher in unhealthy fats and calories	Healthier option with less oil and fat content
<b>Flavor</b>	Rich, deep flavor from frying oil	Light flavor but still delicious and crispy
<b>Convenience</b>	Requires constant attention to prevent burning	Requires minimal attention, more set-and-forget
<b>Suitability for Diets</b>	Not suitable for low-fat or calorie-conscious diets	Ideal for low-fat, low-calorie, or healthier diets

## Air Fryer Donut Holes with Greek Yogurt: A Fun Twist

If you're looking for a fun twist on your 2-ingredient banana donut holes, consider adding Greek yogurt. Greek yogurt adds extra protein and a tangy flavor that balances the sweetness of the banana. Here's how to incorporate it into your recipe for an even better version of these delicious donut holes:

### Step-by-Step Guide for Greek Yogurt Banana Donut Holes

1. **Mash the Bananas:** Start by mashing two ripe bananas in a bowl until smooth. The banana will provide the sweetness and moisture in the dough.
2. **Add Greek Yogurt:** Replace part of the banana with Greek yogurt. Use about 1/4 to 1/3 cup of Greek yogurt for each banana, depending on your preference. This will enhance the texture and add a protein boost.
3. **Mix the Dough:** Gradually add 1 cup of self-rising flour (or regular flour with baking powder) to the mashed banana and Greek yogurt mixture. Stir until the dough comes together.
4. **Shape the Donut Holes:** Roll the dough into small balls and place them in the air fryer basket.
5. **Air Fry:** Air fry at 350°F (175°C) for 6-8 minutes, flipping halfway through, until golden brown and crispy on the outside.

These banana donut holes with Greek yogurt are a deliciously healthy alternative to regular fried donuts, offering a tangy twist and a boost of protein!



## Can You Bake Banana Donut Holes in the Oven? Here's How!

Yes! If you prefer to bake your donut holes rather than using an air fryer, it's easy to do so. Here's a step-by-step guide for baking your banana donut holes in the oven:

### Baking Instructions

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C). Make sure the oven is fully heated before placing the donut holes inside.
2. **Prepare the Dough:** Follow the usual steps to make your banana donut hole dough (using bananas, flour, and optional Greek yogurt).
3. **Shape the Donut Holes:** Roll the dough into small balls or donut shapes.
4. **Line a Baking Sheet:** Place parchment paper or a silicone baking mat on a baking sheet to prevent sticking.
5. **Place the Dough on the Sheet:** Arrange the shaped dough balls on the baking sheet. Be sure to leave some space between them so they bake evenly.
6. **Bake:** Place the baking sheet in the oven and bake for 10-12 minutes or until golden brown. You can check by inserting a toothpick into the center; if it comes out clean, the donut holes are done.
7. **Cool and Serve:** Let the donut holes cool for a few minutes before serving. Enjoy them warm!

Baking offers a great oil-free alternative to air frying and can be just as delicious and healthy. These baked donut holes will have a slightly different texture but will still be light, fluffy, and tasty!

## Tips for Perfect 2 Ingredient Banana Donuts Every Time

To ensure your banana donut holes turn out perfectly every time, follow these simple tips:

1. **Use Overripe Bananas:** The riper the banana, the sweeter and smoother the dough will be. Overripe bananas will also yield a better texture in the donut holes.
2. **Don't Overcrowd the Air Fryer Basket:** Give your donut holes plenty of space in the air fryer basket. Overcrowding can lead to uneven cooking and prevent them from crisping up properly.



3. **Flour Your Hands:** The dough may be a little sticky, so coat your hands with a bit of flour before shaping the donut holes. This will make it easier to handle the dough without it sticking to your hands.
4. **Adjust the Cooking Time:** Every air fryer is a little different. Keep an eye on your donut holes and adjust the cooking time as needed to ensure they're golden and crispy, but not overcooked.

## 3 Ingredient Banana Donuts Air Fryer: Adding a Sweet Upgrade

Want to take your banana donut holes to the next level? Add a third ingredient to the dough for extra flavor. Here are some great additions:

- **Cinnamon:** A teaspoon of cinnamon adds a warm, spicy flavor that complements the sweetness of the bananas.
- **Vanilla Extract:** A teaspoon of vanilla extract brings a comforting, aromatic flavor to the donut holes.
- **Chocolate Chips:** For a sweeter treat, stir in a handful of chocolate chips for a rich, chocolatey twist.

Simply mix these extra ingredients into the dough along with the bananas and flour before shaping and air frying. It's an easy way to customize your donut holes and add new flavors!

## Why the Air Fryer is the Best Option for Banana Donuts

The air fryer is the ideal appliance for making banana donut holes. Here's why:

1. **Quick Cooking:** Air fryers cook food quickly due to the circulating hot air, so you can have your donut holes ready in just minutes.
2. **Healthier Option:** With little to no oil required, the air fryer provides a much healthier way to enjoy "fried" treats like donut holes, keeping the calories and fat content low.
3. **Even Cooking:** The hot air circulates evenly around the donut holes, ensuring that they cook uniformly and become crispy on the outside while staying soft on the inside.
4. **Convenience:** Air fryers are easy to use and clean. You don't need to deal with hot oil or messy frying pans, making them a convenient option for busy kitchens.

Using the air fryer makes creating these banana donut holes not only easy but also a



healthier choice, making it perfect for anyone looking for a quick and nutritious snack or dessert.

## Troubleshooting Common Issues with Air Fryer Donut Holes

Here are solutions to common problems you might encounter when making air fryer donut holes:

1. **Dough Too Sticky:** If your dough is too sticky to handle, add a little more flour gradually until it reaches the right consistency. You can also coat your hands with flour to make shaping easier.
2. **Donuts Too Dry:** If the donut holes come out dry, it might be because they were overcooked or the air fryer temperature was too high. Reduce the cooking time or check the temperature settings to ensure they cook properly.
3. **Uneven Cooking:** To prevent uneven cooking, make sure the donut holes are the same size. If they're too close together in the basket, they may not cook evenly, so ensure there's enough space for air circulation.

## Conclusion

2-Ingredient Banana Donut Holes in the Air Fryer are not only quick and easy to make, but they also offer a healthier alternative to traditional fried donuts. With simple ingredients like ripe bananas and self-rising flour, you can create delicious, guilt-free treats in minutes. Whether you choose to stick with the basic recipe or get creative by adding Greek yogurt, cinnamon, vanilla, or even chocolate chips, there are endless ways to enjoy this simple dessert.

The air fryer proves to be the perfect appliance for making these donut holes, ensuring they cook quickly, evenly, and with minimal oil. If you prefer a different method, you can even bake the donut holes in the oven for a similar result. And with these tips and troubleshooting advice, you'll be able to perfect your banana donut holes every time.

## Frequently Asked Questions About 2 Ingredient Banana



## Donut Holes

Here are some frequently asked questions to help you get the best results with your 2-ingredient banana donut holes:

1. **Can I Store Banana Donut Holes?**

Yes! Store your banana donut holes in an airtight container for up to 2 days. If you want to restore their crispness, reheat them in the air fryer for a couple of minutes at 350°F (175°C).

2. **Can I Use All-Purpose Flour Instead of Self-Rising Flour?**

Absolutely! If you don't have self-rising flour, you can use all-purpose flour. Just add 1-2 teaspoons of baking powder and a pinch of salt to help the donut holes rise and achieve the perfect texture.

3. **What Can I Serve With Banana Donut Holes?**

Banana donut holes are delicious on their own, but you can elevate them by serving with dips such as chocolate sauce, caramel, or a dusting of powdered sugar. You can also drizzle them with a little honey or maple syrup for extra sweetness.