## **Banana Fritters**

## Ingredients

- 1 cup whole wheat pastry flour
- 1 tablespoon sugar
- 1 teaspoon low-sodium baking powder
- 1/2 (one-half) teaspoon salt
- 2 eggs
- 1/2 (one-half) cup skim or sov milk
- 2 tablespoons vegetable oil
- 6 medium firm, ripe bananas
- Oil, for frying

## Method

In a small bowl, mix flour, sugar, baking powder and salt. In another small bowl, beat eggs, milk and oil together with a rotary beater or whisk. Combine liquid ingredients with dry ingredients and stir until all flour is moistened. Slice bananas in half lengthwise. Dip into batter and drain any excess batter. Drop bananas into at least two inches hot oil, 375 degrees on deep frying thermometer, in a deep skillet or deep-fat fryer. Fry a few at a time, turning once, two or three minutes or until golden brown. Drain on paper towels. Serve immediately to six.