These easy donuts don’t require any yeast, eggs, butter or milk. The donut dough is just 2 ingredients and the donuts taste like banana bread in donut form.
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Ingredients

- 1/3 cup (88 g) pureed ripe bananas about 1 large banana
- 1/2 cup + 1 tbsp (71.5 g) self-rising flour see note regarding amount of flour needed
- vegetable oil for frying

Instructions

1. Add 1 inch of oil to your frying pot (I used a medium saucepan). Bring to medium heat (about 350°F). While the oil is heating up, make your donut dough.
2. Add pureed bananas and flour into a large mixing bowl. Mix with a spatula until flour is just incorporated into the bananas. Do not overmix as it will make your dough too wet. Your dough should be a little sticky.
3. Use a 2 tsp cookie scoop to scoop dough ball. Gently release the dough ball directly into the heated oil. Repeat with remaining dough balls. You can do this in two batches if your saucepan is not big enough. The donuts need to come to the surface so only put in as many donuts as can fit on the surface. Fry the donuts until the bottoms are golden brown, then flip them with tongs and fry a few more minutes until the other side is also golden brown. Remove donuts from oil and place onto a plate lined with paper towel (to soak up excess oil) to cool.
4. After donuts are cool enough to touch, add donut topping of your choice. I added granulated sugar to a ziploc bag and placed the donut holes inside, sealed the bag, and shook the bag until the donuts were covered in sugar. Donuts are best enjoyed within a few hours after they are fried.

Notes

- Donuts are best enjoyed right away so this recipe only makes a small batch (10 donut holes). You can double or triple the recipe if needed.
- Self-rising flour amount needed: There are 2 main kinds of self-rising flour sold in the US. One that is a lower protein (2 grams per 1/4 cup serving) flour and one that has a regular amount of protein (3 grams per 1/4 cup). Brands like King Arthur Flour and White Lily make the low protein flour. Brands like Gold Medal and Amazon Fresh contain a regular protein amount. The amount of protein affects how much liquid is absorbed. For this recipe, I tested it with White Lily self-rising flour (lower amount of protein).
- If you are using a self-rising flour with a regular amount of protein you will need less flour or more bananas. I recommend starting with 1/3 cup of flour and then adding 1 tbsp more at a time as needed until you have a sticky dough.
- To make your own self-rising flour, add 1 cup all purpose flour, 1 1/2 tsp baking powder and 1/4 tsp salt to a bowl. Whisk to combine. Do not use full amount. Start with 1/3 cup and add 1 tbsp more at a time as needed. Make sure your all purpose flour has a regular amount of protein (3 grams per 1/4 cup). If
- you do not have a 2 tsp cookie scoop, you can use a larger or smaller one, just know your donuts will be bigger or smaller. A 2 tsp cookie scoop will yield donuts that are about the size of regular donut holes. Make sure your cookie scoop has a release mechanism because the dough is sticky and it is the easiest way to release the dough balls into the hot oil.
- If you don’t own any cookie scoop, you can use a measuring spoon and a spatula and carefully push the dough ball into the hot oil, but your dough balls may not be as round.
- I share other donut topping recipes under the “Donut Toppings” section of the post above.
- I used this 2 tsp cookie scoop.*

Nutrition estimate does not include oil absorbed during frying. It is only for the donut dough before it is cooked as it is difficult to determine the amount of oil that is absorbed by the donuts.

Nutrition

Serving: 1donut, Calories: 30kcal, Carbohydrates: 7g, Protein: 1g, Fat: 1g, Saturated Fat: 1g, Sodium: 78mg, Fiber: 1g, Sugar: 1g, NET CARBS: 6