**Recipe for Gulgulas (Indian Banana Fritters)**

**What You'll Need**

* 2 overripe bananas, mashed into a smooth paste
* 1/2 cup caster sugar
* 1 teaspoon saunf/fennel seeds
* 1 egg
* 1 teaspoon vanilla essence
* A pinch of cinnamon
* 1/2 to 1 cup of milk (whole or skim)
* Approximately 1.5 cups whole wheat flour
* 1 teaspoon baking powder
* Vegetable/sunflower/canola oil to fry

1. In a large bowl, mix together the mashed bananas, sugar, [saunf](https://www.thespruce.com/saunf-fennel-seeds-1957877), egg, vanilla essence, cinnamon, and milk. Stir to blend everything well, making sure the sugar dissolves completely.
2. Mix together the whole wheat flour and baking powder in a separate bowl.
3. Using a whisk, slowly and a little at a time, add the whole wheat flour mixture to the banana-egg-milk mixture. Mix well to ensure there are no lumps, or as few as you can manage! You want to end up with a batter that is really thick. You might need a little more whole wheat flour to achieve this consistency.
4. Heat the vegetable/sunflower/canola cooking oil in a frying pan on medium heat. You will know the oil is heated to the temperature you need to deep-fry the Gulgulas when you drop a tiny bit of batter into it and the batter floats up to the surface but does not change color yet.
5. When the oil is ready, use a tablespoon to scoop up and drop a spoonful of batter into the hot oil. Do not overcrowd the pan as the Gulgulas will stick to each other and get damaged.
6. Use a slotted spoon to turn the fritters every now and then. Fry until they are golden all over. Then drain using a slotted spoon and place on kitchen paper towel to remove most of the oil.

Tip: For another little bit of decadence, dust the Gulgulas with confectioner's sugar before serving.