

# The Ultimate Air Fryer Cookbook for Beginners

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200+ Quick and Tasty Recipes with Step-by-Step  
Instructions to Fry, Grill, Roast, and Bake. Effortless  
Meals for Healthy Eating Every Day"

LINETTE BENNETT



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Consult a healthcare professional for dietary concerns or restrictions before attempting any new recipes.

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# INTRODUCTION TO AIR FRYING

Air frying has become very popular because it offers a healthier, quicker, and easier way to cook various meals. If you're new to cooking or want a more straightforward way to make tasty Food, An air fryer is a beautiful tool in your kitchen. It's easy to use, flexible for different recipes, and helps you create crispy, delicious dishes with less oil.

## **What is Air Frying?**

Air frying is a cooking method that uses hot air moving quickly to cook food, giving it a crispy texture. It mimics the crunch of deep-frying but requires much less oil, making it a healthier choice than traditional frying. This method gives you the same golden, crispy results as frying but with significantly fewer calories and less fat.

## KEY BENEFITS OF USING AN AIR FRYER

**Time Efficiency.** Air fryers cook meals faster than traditional methods, using high-speed air circulation. For example, chicken wings take only 20 minutes versus 45 in an oven, making weeknight meals and snacks quick and easy.

**Energy Efficiency.** Air fryers heat up almost instantly and use less energy than ovens, helping reduce electricity costs while cooking food efficiently.

**Consistency and Precision.** Air fryers provide even cooking and precise temperature control, ensuring perfect results for dishes like steak, French fries, and baked goods without constant monitoring.

**Versatility.** Air fryers can fry, bake, grill, and reheat, replacing multiple appliances. They work well for any meal, from breakfast to dessert, and handle various dishes, from roasted vegetables to muffins.

**Health Benefits.** Air fryers require minimal oil, making it possible to enjoy crispy foods like fries and wings with fewer calories. They also reduce the formation of harmful compounds associated with deep frying.

**Ease of Use and Safety.** User-friendly controls and preset functions make air fryers simple for beginners. The lack of hot oil and automatic shut-off features enhance safety.

## SETTINGS AND FEATURES OF THE AIR FRYER

Air fryers today have various settings and features that enhance the cooking experience. Let's explore the most common features and how they are best used:

**Temperature Control.** Most air fryers let you change the temperature settings, usually ranging from 180°F (82°C) to 400°F (200°C). Adjusting the temperature helps ensure the food is cooked at the right temperature. For instance:

- Lower temperatures are great for sensitive foods such as vegetables or fish,
- Higher temperatures are best for getting crispy results with French fries or chicken wings.

**Timer.** The timer allows you to set how long you want your food to cook. This ensures the air fryer turns off automatically when the food is done, preventing overcooking.

**Preset Programs.** Many air fryers come with preset cooking programs, such as fries, chicken, steak, or seafood settings. These presets automatically adjust the time and temperature based on the type of food, offering convenience for beginners.

**Shake Reminder.** Some air fryers feature a reminder to shake the basket halfway through the cooking process. This ensures the food cooks evenly, especially when making fries or nuggets.

**Reheat and Keep Warm.** These settings allow you to reheat leftovers without overcooking them or to keep cooked food warm until you're ready to eat. This is particularly useful for maintaining the texture and flavor of previously fried foods.

Thanks to its versatility, user-friendliness, and energy efficiency, the air fryer has become a staple in today's kitchens, whether for home cooks on the go or professional chefs.

# CHAPTER 1

## *Air Fryer 101 - Getting Started*

# STEP-BY-STEP GUIDE TO USING AN AIR FRYER

Using an air fryer is simple, but it helps to have a clear, step-by-step guide for beginners. Here's a detailed walkthrough on using an air fryer, from setting it up to cleaning it after you're done.

## Step-by-Step Guide to Using an Air Fryer

### Step 1: Set Up Your Air Fryer

#### 1. Find a Flat, Stable Surface

Place your air fryer on a flat, heat-resistant surface like your kitchen countertop. Ensure there's enough space around it for proper air circulation—at least 5 inches on all sides.

#### 2. Plug It In

Connect the air fryer to a power outlet. Since it generates heat while in use, do not place it near flammable objects like paper towels or curtains.

### Step 2: Preheat the Air Fryer (Optional)

#### 1. Check Your Recipe

Some air fryer recipes suggest preheating, which ensures the food cooks evenly and crisps up faster. If your recipe calls for preheating, set the desired temperature and let the air fryer run empty for 3–5 minutes. Many air fryers have a preheat function, while others require manually setting the time and temperature.

#### 2. Common Preheat Temperatures

Vegetables: 350°F (175°C)

Meat: 375°F (190°C)

Frozen Foods: 400°F (200°C)

### Step 3: Prepare Your Food

#### 1. Cut and Season Your Ingredients

Vegetables: Cut into even-sized pieces for uniform cooking.

Proteins (Chicken, Fish, Meat): Season with salt, pepper, or desired spices. You can also marinate your proteins beforehand, but ensure they are dry when placed in the air fryer.

Frozen Foods: No preparation is needed—place them in the air fryer.

#### 2. Add Oil (Optional)

To help your food crisp up, use a light coating of oil. You can brush the food with oil or a sprayer or toss the ingredients in a tablespoon.

Tip: Avoid aerosol cooking sprays, as prolonged use can harm the nonstick surface of the air fryer basket. Opt for a manual oil sprayer or mist.

### Step 4: Load the Air Fryer Basket

#### 1. Place Food in the Basket

Open the air fryer and place the prepared food in the basket. For best results, place the food in a single layer. Refrain from filling the basket, which may cause uneven cooking and prevent crispy results.

#### 2. Close the Basket

Slide the basket back into the air fryer, making sure it clicks securely into place.

## **Step 5: Set Temperature and Time**

### **1. Adjust Temperature**

Most air fryers have a temperature dial or digital display. Set the temperature according to your recipe. Ordinary air frying temperatures range from 325°F (165°C) to 400°F (200°C).

### **2. Set Cooking Time**

Set the appropriate time based on the food you're cooking. Air frying times can range from 5 minutes for frozen fries to 20–30 minutes for chicken or thicker vegetables.

## **Step 6: Monitor the Cooking Process**

### **1. Check and Shake (Optional)**

We recommend checking the food during cooking to ensure it is even cooking. Pull out the basket and shake or turn the food to ensure even browning and crisping.

### **2. Resume Cooking**

Slide the basket back into the air fryer to resume the cooking process. Many air fryers automatically pause and resume when the basket is removed.

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

### **1. Check the Food**

When the timer goes off, take out the basket and see if your food is cooked to your liking. For proteins like chicken or meat, use a meat thermometer to ensure it has reached the proper internal temperature:

Chicken: 165°F (74°C)

Fish: 145°F (63°C)

Beef: 160°F (71°C) for medium doneness

### **2. Continue Cooking if Necessary**

If the food needs more time, return the basket to the air fryer, add a few more minutes to the timer, and keep cooking until it's done.

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

### **1. Remove the Food**

Once the food is fully cooked, carefully remove the basket from the air fryer. Use tongs or a spatula to take out the hot food.

### **2. Add Final Seasoning**

Depending on your dish, you can sprinkle additional seasoning or fresh herbs before serving.

## **Step 9: Clean the Air Fryer**

### **1. Allow It to Cool**

Let the air fryer cool down before you begin cleaning it. This usually takes 10–15 minutes.

### **2. Remove the Basket and Tray**

Most air fryer baskets and trays are removable and dishwasher-safe. To avoid damaging the nonstick coating, clean by hand with a soft sponge and lukewarm, soapy water.

### **3. Wipe Down the Interior**

Make sure to wipe the interior of the air fryer with a damp cloth to clean off any food residue.

### **4. Clean the Exterior**

Gently wipe the outer surface to remove grease and dust. Use a damp cloth for this purpose.

# COMMON MISTAKES TO AVOID WITH AN AIR FRYER

**Overcrowding:** Don't stack food; keep a single layer for even cooking. Use batches for large quantities.

**Skipping Preheating:** Preheat for 3–5 minutes for proper crisping, especially if your model doesn't have an auto-preheat feature.

**Using Too Much Oil:** A light spritz is enough. Avoid heavy oils and aerosol sprays.

**Not Shaking or Flipping:** For even browning, shake or flip food halfway through cooking.

**Cooking Wet-Battered Foods:** Use dry coatings like breadcrumbs instead of wet batters for crisp results.

**Skipping Cleaning:** Clean the air fryer regularly to avoid buildup and odors.

**Wrong Temperature:** Follow recipe temperatures; high temps can burn, and low can undercook.

**Blocking Air Circulation:** Place the air fryer with space around it to ensure airflow.

**Using Incorrect Cookware:** Only use air-fryer-safe accessories like silicone molds and metal racks.

**Overloading Frozen Foods:** Cook frozen items in small batches to prevent steaming.

**Same Temperature for All Foods:** Adjust temperature for different foods to avoid over/undercooking.

**Not Letting Food Rest:** Let proteins rest a few minutes after cooking for juicier results.

**Skipping Oil for Seasoning:** Use a bit of oil to help seasoning stick to the food.

**Using Low Smoke Point Oils:** Use high-smoke point oils like avocado oil at high temperatures.

**Not Experimenting:** Explore various recipes beyond basics like fries and wings.

## Final Thoughts

Avoid these mistakes for better air fryer results. Clean regularly, experiment with recipes, and follow these tips for consistent success!

## CHAPTER 2

# *Quick Breakfast Recipes*

# FLUFFY AIR FRYER PANCAKES RECIPE

PREP: 10 MIN

COOK: 10-15 MIN

SERVES: 4

## INGREDIENTS

- 1 cup all-purpose flour
- 2 tbsp sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3/4 cup buttermilk (or milk with 1 tbsp lemon juice)
- 1 large egg
- 1 tsp vanilla extract
- 2 tbsp melted butter (or coconut oil for a dairy-free alternative)
- Optional toppings: fresh berries, maple syrup, powdered sugar

## DIRECTIONS

1. Put the flour, sugar, baking powder, baking soda, and salt into a bowl and mix well. Whisk the buttermilk, egg, vanilla, and melted butter in another bowl. Combine the wet and dry ingredients, stirring well.
2. Preheat Air Fryer to 350°F (180°C) for 3 minutes. Lightly grease the air fryer basket or a lined pan.
3. Pour 1/4 cup of the batter into the pan. Cook in batches as required.
4. Air fry at 350°F (180°C) for 6-8 minutes, flipping halfway, until golden and fluffy.
5. Top with syrup, fruit, or yogurt as desired.

# EGG MUFFINS WITH SPINACH AND FETA

PREP: 10 MIN

COOK: 10-12 MIN

SERVES: 4

## INGREDIENTS

- 6 large eggs
- 1/2 cup fresh spinach, chopped
- 1/4 cup crumbled feta cheese
- 1/4 cup bell pepper, finely chopped (optional)
- 2 tbsp milk (or dairy-free alternative like almond milk)
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- Olive oil spray (or any cooking spray)
- Optional: chopped green onions or fresh herbs (like parsley or basil) for garnish

## DIRECTIONS

1. Preheat Air Fryer to 325°F (165°C) for 3 minutes. Lightly spray silicone muffin molds or ramekins.
2. Whisk eggs, milk, garlic powder, salt, and pepper in a bowl.
3. Stir in chopped spinach, feta, and bell pepper.
4. Divide egg mixture into the molds, filling 3/4 full.
5. Air fry at 325°F for 10-12 minutes until set and golden.
6. Let cool for 2-3 minutes, then remove. Garnish as desired.
7. Add veggies or proteins like mushrooms or bacon.

# FRENCH TOAST STICKS

PREP: 10 MIN

COOK: 8-10 MIN

SERVES: 4 (16 STICKS)

## INGREDIENTS

- 4 slices of whole-grain or whole-wheat bread
- 2 large eggs
- 1/4 cup unsweetened almond milk (or any milk alternative)
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1 tbsp honey or maple syrup (optional)
- Pinch of salt
- Olive oil spray or nonstick spray

## DIRECTIONS

1. Preheat Air Fryer to 375°F (190°C) for 2-3 minutes.
2. Slice 4 pieces of whole-grain bread into sticks.
3. Whisk eggs, almond milk, vanilla, cinnamon, honey/maple syrup (optional), and salt.
4. Coat bread sticks in egg mixture and set aside.
5. Spray the air fryer and cook sticks at 375°F for 8-10 minutes, flipping halfway.
6. Let cool, then serve with berries, syrup, or yogurt.

# CRISPY AIR FRYER HASH BROWNS

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- 4 medium russet potatoes (about 1 pound), peeled
- 1 tablespoon olive oil or avocado oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika (optional)
- Salt and pepper to taste
- Olive oil spray or nonstick spray

## DIRECTIONS

1. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
2. Grate and squeeze out excess moisture from peeled potatoes.
3. Toss potatoes with olive oil, garlic powder, onion powder, paprika (optional), salt, and pepper.
4. Shape into small patties or mounds.
5. Spray the air fryer, and cook hash browns at 375°F for 10 minutes. Flip, then cook another 8-10 minutes until crispy.
6. Let cool slightly, garnish, and serve with yogurt or sour cream.

# AIR FRYER BREAKFAST BURRITOS

PREP: 10 MIN

COOK: 8-10 MIN

SERVES: 4 (16 STICKS)

## INGREDIENTS

- 4 large whole wheat or low-carb tortillas
- 4 large eggs
- 1/2 cup shredded cheddar cheese (or your choice of cheese)
- 1/2 cup diced bell peppers (any color)
- 1/4 cup diced red onion
- 1/2 cup cooked black beans (rinsed and drained)
- 1 small avocado, sliced (optional)
- 2 tablespoons salsa (optional)
- 1 tablespoon olive oil or cooking spray
- Salt and pepper to taste
- 1/4 teaspoon ground cumin (optional)
- 1/4 teaspoon smoked paprika (optional)

## DIRECTIONS

1. Preheat Air Fryer to 370°F (188°C) for 3 minutes.
2. Sauté bell peppers and onions for 2-3 minutes. Add whisked eggs with spices and scramble until cooked.
3. Place egg mixture, black beans, cheese, and optional avocado/salsa on tortillas. Roll them tightly.
4. Lightly spray with oil, place seam-side down in the air fryer, and cook at 370°F for 8-10 minutes, flipping halfway.
5. Let cool slightly, slice, and garnish as desired.

# HEALTHY BACON AND EGG CUPS

PREP: 5 MIN

COOK: 12-15 MIN

SERVES: 6

## INGREDIENTS

- 6 strips of turkey bacon (or regular bacon)
- 6 large eggs
- 1/4 cup shredded cheddar cheese (optional)
- 1/4 cup chopped spinach (optional)
- 1 tablespoon diced bell peppers (optional)
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder (optional)
- Olive oil spray or nonstick cooking spray

## DIRECTIONS

1. Preheat Air Fryer to 350°F (175°C) for 3 minutes.
2. Spray muffin cups and wrap bacon inside each to form a cup.
3. Crack an egg into each bacon cup, add optional spinach, bell peppers, or cheese, and season with salt, pepper, and garlic powder.
4. Depending on the desired egg doneness, cook at 350°F for 12-15 minutes.
5. Remove, garnish with parsley or chives, and enjoy with hot sauce or salsa.

# HEALTHY BLUEBERRY MUFFINS

PREP: 10 MIN

COOK: 12-15 MIN

SERVES: 6 MUFFINS

## INGREDIENTS

- 1 cup all-purpose flour (or wholemeal for fiber)
- 1/4 cup sugar (or coconut sugar for a healthier alternative)
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup unsweetened almond milk (or any milk you like)
- 1 large egg
- 1/4 cup plain Greek yogurt (or any low-fat yogurt)
- 1/4 cup unsweetened applesauce (or coconut oil for added richness)
- 1 teaspoon vanilla extract
- 1/2 cup fresh or frozen blueberries
- Nonstick cooking spray or olive oil spray

## DIRECTIONS

1. Preheat Air Fryer to 320°F (160°C) for 3 minutes.
2. Mix the flour, sugar, baking powder, baking soda, cinnamon and salt.
3. Whisk almond milk, egg, Greek yogurt, applesauce (or oil), and vanilla.
4. Fold wet ingredients into dry, then gently fold in blueberries.
5. Spray muffin cups, fill 3/4 full with batter.
6. Cook at 320°F for 12-15 minutes, checking for doneness at 12 minutes.
7. Let muffins cool before serving or storing.

# HEALTHY AVOCADO TOAST

PREP: 5 MIN

COOK: 4-5 MIN

SERVES: 2

## INGREDIENTS

- 2 slices whole grain or sourdough bread
- 1 ripe avocado
- 1 teaspoon olive oil
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes (optional)
- 1/2 teaspoon lemon or lime juice
- 1 tablespoon feta cheese or nutritional yeast (optional for a vegan option)
- 2 cherry tomatoes, halved (optional garnish)

## DIRECTIONS

1. Preheat Air Fryer to 370°F (188°C) for 3 minutes.
2. Mash avocado with lemon juice, salt, pepper, and red pepper flakes.
3. Lightly oil bread slices and air fry at 370°F for 4-5 minutes until golden.
4. Spread mashed avocado on toasted bread.
5. Add feta, tomatoes, herbs, or seasoning.
6. Enjoy warm, optionally with a poached or fried egg.

# HEALTHY SAUSAGE PATTIES

PREP: 10 MIN

COOK: 8-10 MIN

SERVES: 4 (8 SMALL PATTIES)

## INGREDIENTS

- 1 lb ground turkey or chicken (leaner options for a healthier choice)
- 1 teaspoon olive oil (optional for added moisture)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt (optional)
- 1/4 tsp red pepper flakes (optional, for heat)
- Olive oil spray (optional, for air fryer basket)

## DIRECTIONS

1. Combine ground turkey, garlic powder, onion powder, smoked paprika, thyme, sage, pepper, and salt. If desired, add olive oil for moisture.
2. Shape into 8 small patties, about 1/2 inch thick.
3. Preheat Air Fryer to 370°F (188°C) for 3 minutes.
4. Spray the basket of the air fryer with oil. Cook the patties at 370°F for 8-10 minutes, flipping halfway through. Ensure the internal temperature reaches 165°F (74°C).
5. Garnish and enjoy with eggs, toast, or veggies.

# HEALTHY BANANA BREAD

PREP: 10 MIN

COOK: 25-30 MIN

SERVES: 8 SLICES

## INGREDIENTS

- 3 ripe bananas, mashed
- 1/4 cup honey or maple syrup (for natural sweetness)
- 2 large eggs
- 1/4 cup plain Greek yogurt (for moisture)
- 1 teaspoon vanilla extract
- 1 1/2 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon (optional for added flavor)
- 1/4 teaspoon salt
- 1/4 cup chopped walnuts or dark chocolate chips (optional for texture)
- Olive oil spray (for greasing the pan)

## DIRECTIONS

1. Mash ripe bananas in a bowl. Add honey (or maple syrup), eggs, Greek yogurt, and vanilla extract; whisk until smooth.
2. In another bowl, mix together whole wheat flour, baking powder, baking soda, cinnamon (if desired), salt.
3. Slowly add the dry ingredients to the banana mixture. Mix gently, avoiding overmixing. If desired, fold in walnuts or chocolate chips.
4. Preheat Air Fryer to 320°F (160°C) for 3 minutes.
5. Grease a small loaf pan or silicone mold, then pour in the batter.
6. Cook at 320°F for 25-30 minutes, checking doneness with a toothpick. If needed, cook for an additional 2-3 minutes.
7. Allow the bread to cool in the pan for 10 minutes, then move it to a wire rack to cool fully before slicing. Enjoy!

# AIR-FRIED BREAKFAST FRITTATA

PREP: 10 MIN

COOK: 12-15 MIN

SERVES: 4

## INGREDIENTS

- 6 large eggs
- 1/4 cup milk (dairy or plant-based)
- 1/2 cup spinach, chopped
- 1/4 cup red bell pepper, diced
- 1/4 cup onion, finely chopped
- 1/4 cup cherry tomatoes, halved
- 1/4 cup feta cheese, crumbled (optional)
- 1 tablespoon olive oil (for greasing the pan)
- Salt and pepper to taste
- 1/2 teaspoon garlic powder (optional)
- 1/2 teaspoon dried oregano (optional)
- Fresh herbs for garnish (parsley or chives, optional)

## DIRECTIONS

1. Whisk eggs and milk in a bowl; season with salt, pepper, garlic powder, and oregano (if using).
2. Stir in chopped spinach, red bell pepper, onion, and cherry tomatoes. Optionally, fold in crumbled feta cheese.
3. Preheat Air Fryer to 350°F (175°C) for 3 minutes.
4. Grease a small air fryer-safe pan (6-7 inches) with olive oil, then add the egg mixture.
5. Cook in the air fryer at 350°F for 12-15 minutes, checking for doneness with a knife or toothpick. If needed, cook for an additional 2-3 minutes.
6. Remove the frittata from the air fryer, let it cool slightly, then slice into portions.
7. Sprinkle with fresh herbs like parsley or chives if desired.

# MAPLE-CINNAMON AIR FRYER SCONES

PREP: 15 MIN

COOK: 12 MIN

SERVES: 8

## INGREDIENTS

- 2 cups all-purpose flour
- 1/4 cup granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 cup cold unsalted butter, cubed
- 1/2 cup milk (any type)
- 1/4 cup pure maple syrup
- 1 large egg
- 1 teaspoon vanilla extract

## DIRECTIONS

1. Preheat Air Fryer to 350°F (175°C) for 3 minutes.
2. Whisk flour, sugar, baking powder, salt, and cinnamon in a large bowl.
3. Add cold, cubed butter and mix until the mixture resembles coarse crumbs.
4. In a separate bowl, whisk milk, maple syrup, egg, and vanilla extract.
5. Pour wet ingredients into the dry and stir until combined. Fold in nuts or dried fruit if using.
6. Turn the dough onto a floured surface, pat it into a 1-inch-thick circle, cut it into 8 wedges, and place them on parchment paper.
7. Cook in the air fryer for 10-12 minutes until golden brown and a toothpick comes out clean.
8. Let cool for a few minutes before serving. Enjoy warm or at room temperature.

# BREAKFAST QUESADILLAS

PREP: 10 MIN

COOK: 8 MIN

SERVES: 4

## INGREDIENTS

- 4 large eggs
- 1/4 cup milk (any type)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup shredded cheddar cheese
- 1/2 cup diced bell peppers (any color)
- 1/4 cup diced onions
- 4 whole wheat tortillas
- Cooking spray or a small amount of olive oil

## DIRECTIONS

1. Preheat Air Fryer to 350°F (175°C) for 3 minutes.
2. Whisk eggs, milk, salt, and black pepper in a medium bowl.
3. Heat a skillet over medium heat, coat with cooking spray, and sauté diced onions and bell peppers until softened (about 3 minutes). Pour in the egg mixture and cook, stirring frequently, until just set.
4. Lay the tortillas flat. Add the scrambled egg and vegetable mixture to one-half, sprinkle with cheddar cheese and any optional ingredients, and fold the tortillas in half.
5. Spray the air fryer basket with cooking spray. Place quesadillas in a single layer and cook at 350°F (175°C) for 4 minutes. Flip and cook for 3-4 minutes until golden and crispy.
6. Let cool for a minute, then cut into wedges. If desired, serve with salsa, guacamole, or sour cream.

# AIR FRYER CINNAMON ROLLS BITES

PREP: 10 MIN

COOK: 6 MIN

SERVES: 8

## INGREDIENTS

- 1 can (12.4 oz) refrigerated cinnamon rolls (8 rolls)
- 1/4 cup granulated sugar
- 1/2 teaspoon ground cinnamon
- Optional: 1/4 teaspoon ground nutmeg or allspice for extra flavor
- Nonstick cooking spray or parchment paper

### For the Dip (Optional):

- 4 oz cream cheese, softened
- 1 tablespoon butter, softened
- 1 cup powdered sugar
- 2-3 teaspoons milk
- 1/2 teaspoon vanilla extract

## DIRECTIONS

1. Open the cinnamon roll can and cut each of the 8 rolls into 4 pieces. Mix granulated sugar and cinnamon in a resealable bag.
2. Preheat the air fryer to 325°F (165°C). Line the basket with parchment paper or spray with nonstick cooking spray. Place the cinnamon roll pieces in a single layer. Air fry for 3 minutes, flip, and cook for 2-3 minutes until golden.
3. While warm, place the bites in the cinnamon-sugar bag and shake to coat.
4. In a bowl, beat softened cream cheese and butter until smooth. Gradually mix powdered sugar, milk, and vanilla extract until smooth.
5. Serve warm with the optional cream cheese dip.

# CHEESY AIR FRYER OMELET

PREP: 5 MIN

COOK: 10 MIN

SERVES: 2

## INGREDIENTS

- 4 large eggs
- 1/4 cup milk (optional for fluffiness)
- 1/2 cup shredded cheese (cheddar, mozzarella, or your favorite)
- 1/4 cup diced bell peppers
- 1/4 cup diced onions
- Salt and pepper to taste
- Nonstick cooking spray

### Optional Ingredients:

- 1/4 cup diced tomatoes
- 1/4 cup chopped spinach
- 1/4 cup diced ham or cooked bacon
- 1/4 teaspoon garlic powder
- Fresh herbs (parsley, chives) for garnish

## DIRECTIONS

1. Beat the eggs and milk in a bowl. Season with salt and pepper, then stir in the cheese, bell peppers, and onions.
2. Preheat the air fryer to 320°F (160°C) and spray a small oven-safe dish with nonstick cooking spray. Pour in the egg mixture.
3. Place the dish in the air fryer and cook for 8-10 minutes or until set and golden. Check doneness with a toothpick.
4. Remove from the air fryer, let cool for a minute, and then slice. Garnish with fresh herbs if desired.

# TURKEY BACON IN THE AIR FRYER

PREP: 2 MIN

COOK: 8 MIN

SERVES: 4

## INGREDIENTS

- 8 slices of turkey bacon
- Optional: Nonstick cooking spray or a light brush of oil (e.g., avocado oil)

## DIRECTIONS

1. Preheat the air fryer to 380°F (193°C) for 3-5 minutes. Optionally, spray the basket with nonstick cooking spray.
2. Arrange turkey bacon slices in a single layer, cutting them in half if necessary. Cook at 380°F for 5-7 minutes, flipping halfway through. Add 1-2 minutes for extra crispiness.
3. Remove the bacon and place it on a paper towel-lined plate to absorb excess grease. Serve warm.

# AIR-FRIED ENGLISH MUFFINS WITH EGGS

PREP: 5 MIN

COOK: 10 MIN

SERVES: 2

## INGREDIENTS

- 2 English muffins, split
- 4 large eggs
- 1/4 cup shredded cheese (cheddar, mozzarella, or your favorite)
- 1/4 cup diced bell peppers
- 1/4 cup diced onions
- Salt and pepper to taste
- Nonstick cooking spray

### Optional Ingredients:

- 1/4 cup diced tomatoes
- 1/4 cup chopped spinach
- 1/4 cup diced ham or cooked bacon
- 1/4 teaspoon garlic powder
- Fresh herbs (parsley, chives) for garnish

## DIRECTIONS

1. Preheat the air fryer to 350°F (175°C) and lightly spray the basket. Split the English muffins in the basket, and air fry for 3-4 minutes until lightly toasted. Remove and set aside.
2. Beat the eggs in a bowl and season with salt and pepper. Stir in cheese, bell peppers, and onions. Spray a small oven-safe dish with cooking spray, pour in the egg mixture, and cook at 350°F for 6-8 minutes until set and slightly golden.
3. Place the toasted English muffin halves on a plate and spoon the cooked egg mixture onto each half.
4. Garnish with fresh herbs if desired, and serve warm.

# PEANUT BUTTER AND BANANA AIR FRYER TOAST

PREP: 5 MIN

COOK: 4 MIN

SERVES: 2

## INGREDIENTS

- Four slices of whole wheat or multigrain bread
- 2 ripe bananas, sliced
- Four tablespoons peanut butter (creamy or crunchy)
- 1 teaspoon honey (optional)
- Optional: 1/4 teaspoon ground cinnamon
- Nonstick cooking spray

## DIRECTIONS

1. Preheat the air fryer to 365°F (185°C) and lightly spray the basket.
2. Place the bread slices in a single layer in the basket and air fry for 3 minutes until lightly toasted.
3. Spread one tablespoon of peanut butter on each slice, arrange banana slices on top, and drizzle with honey. Sprinkle with ground cinnamon if desired.
4. Place the assembled toast back in the air fryer and air fry for 30 seconds to 1 minute to warm the toppings.
5. Remove from the air fryer and serve immediately.

# AIR-FRIED SWEET POTATO BREAKFAST SKILLET

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- 2 large sweet potatoes, peeled and diced
- 1 red bell pepper, diced
- One green bell pepper, diced
- 1 small red onion, diced
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- One teaspoon of smoked paprika
- 1/2 teaspoon ground cumin
- Salt and pepper to taste
- 4 large eggs
- Optional: Fresh parsley or cilantro for garnish

## DIRECTIONS

1. Preheat your air fryer to 375°F (190°C) for 3-5 minutes.
2. Toss diced sweet potatoes, bell peppers, red onion with olive oil, garlic powder, smoked paprika, ground cumin, salt, and pepper in a large bowl.
3. Place the seasoned vegetables in the air fryer basket in a single layer and cook for 15 minutes, shaking halfway through.
4. Create four small wells in the vegetables and crack an egg into each. Air fry for 5 minutes or until eggs are cooked to your liking.
5. Carefully remove from the air fryer, garnish with fresh parsley or cilantro if desired, and serve immediately.

# SCRAMBLED EGGS WITH VEGETABLE

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 8 large eggs
- 1/4 cup milk (optional for creaminess)
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 small red onion, diced
- 1 cup spinach, chopped
- 1 tablespoon olive oil or butter
- Salt and pepper to taste
- Optional: 1/2 teaspoon garlic powder, 1/2 teaspoon smoked paprika
- Optional garnishes: Fresh parsley, chives, or shredded cheese

## DIRECTIONS

1. Preheat your air fryer to 350°F (175°C) for 3-5 minutes.
2. Whisk together eggs, milk (if using), salt, and pepper in a bowl.
3. Add olive oil or butter to an air fryer-safe pan, then heat in the air fryer for 1 minute to melt.
4. Add diced bell peppers, red onion, and spinach to the pan. Cook at 350°F (175°C) for 5 minutes, stirring halfway.
5. Pour the egg mixture over the vegetables and stir gently. Cook for 8-10 minutes, stirring every 2-3 minutes until thoroughly scrambled.
6. Remove the pan from the air fryer, garnish with parsley, chives, or cheese if desired, and serve immediately.

## CHAPTER 3

# *Appetizers, Snacks, and Small Bites*

# AIR-FRIED MOZZARELLA CHEESE STICKS

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 12 mozzarella cheese sticks (string cheese)
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 1 cup panko breadcrumbs
- 1 teaspoon garlic powder (optional)
- 1 teaspoon Italian seasoning (optional)
- Salt and pepper to taste
- Cooking spray

## DIRECTIONS

1. Cut mozzarella sticks in half (24 pieces) and freeze on a baking sheet for 30 minutes.
2. Place flour, beaten eggs, and panko breadcrumbs mixed with garlic powder, Italian seasoning, salt, and pepper in three bowls.
3. Dredge each frozen cheese stick in flour, dip in eggs, and coat with the breadcrumb mixture. For extra crunch, repeat the egg and breadcrumb coating.
4. Place breaded cheese sticks back on the baking sheet and freeze for another 30 minutes.
5. Preheat to 400°F (200°C) for 3-5 minutes.
6. Lightly spray the air fryer basket and arrange the cheese sticks in a single layer. Spray the tops and air fry at 400°F (200°C) for 6-8 minutes, shaking the basket halfway through for even cooking.
7. Let cool slightly, and enjoy with your favorite dipping sauce, like marinara or ranch.

# AIR-FRIED JALAPEÑO POPPERS

PREP: 15 MIN

COOK: 10-12 MIN

SERVES: 4

## INGREDIENTS

- 6 large jalapeños, halved and seeded
- 4 ounces cream cheese, softened
- 1/2 cup shredded cheddar cheese
- 1/2 teaspoon garlic powder (optional)
- 1/2 teaspoon onion powder (optional)
- 6 slices bacon, cut in half
- Cooking spray

## DIRECTIONS

1. Slice jalapeños in half lengthwise and remove seeds and membranes.
2. Mix softened cream cheese, shredded cheddar, garlic powder, and onion powder in a bowl.
3. Fill each jalapeño half with the cheese mixture.
4. Wrap each stuffed jalapeño with half a slice of bacon; secure with a toothpick if needed.
5. Preheat to 370°F (190°C) for 3-5 minutes.
6. Spray the basket with cooking spray, arrange the poppers in a single layer, and lightly spray the tops. Air fry at 370°F (190°C) for 10-12 minutes, shaking the basket halfway through, until the bacon is crispy and the cheese is melted.
7. Cool slightly before serving with your favorite dipping sauce, like ranch or blue cheese.

# CRISPY ZUCCHINI FRIES

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 2 medium zucchinis
- 1/2 cup all-purpose flour
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 large eggs
- 1 cup panko breadcrumbs
- 1/4 cup grated Parmesan cheese
- Olive oil cooking spray

## DIRECTIONS

1. Set to 400°F (200°C) for 5 minutes.
2. Wash, dry, and cut zucchinis into thin sticks.
3. Set Up Breeding Stations:
  - Bowl 1: Mix flour, garlic powder, Italian seasoning, salt, and pepper.
  - Bowl 2: Beat eggs.
  - Bowl 3: Combine panko breadcrumbs and grated Parmesan.
4. Dip each stick in the flour mixture, the beaten eggs, and the breadcrumb mixture.
5. Place coated zucchini in a single layer in the basket. Lightly spray with olive oil. Air fry at 400°F (200°C) for 8-10 minutes, flipping halfway, until golden and crispy.
6. Remove and serve immediately with dipping sauce, like marinara. Optional: garnish with fresh parsley or lemon wedges.

# AIR-FRIED BUFFALO CAULIFLOWER BITES

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 medium head of cauliflower
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup buffalo sauce
- 1 tbsp melted butter (optional)
- Olive oil cooking spray

## DIRECTIONS

1. Preheat Air Fryer to 375°F (190°C) for 5 minutes.
2. Wash and cut cauliflower into bite-sized florets.
3. Whisk together flour, water, garlic powder, onion powder, paprika, salt, and pepper until smooth.
4. Dip florets in the batter, shaking off excess.
5. Spray the air fryer basket with olive oil. Place the florets in a single layer and spray the tops. Air fry for 12-15 minutes, shaking halfway, until golden and crispy.
6. Mix buffalo sauce with melted butter (if using) in a bowl. Add cauliflower and toss to coat.
7. Enjoy immediately with your favorite dipping sauce, garnished with parsley or chives. Optional: serve with celery and carrot sticks for a classic buffalo experience

# AIR-FRIED ONION RINGS

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

## INGREDIENTS

- 1 large sweet onion (e.g., Vidalia), cut into 1/2-inch thick rings
- 1/2 cup all-purpose flour
- 1/2 cup cornstarch
- 1 tsp baking powder
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1 large egg
- 1/2 cup milk
- 1 cup panko breadcrumbs
- Olive oil cooking spray

## DIRECTIONS

1. Preheat Air Fryer to 375°F (190°C) for 5 minutes.
2. Separate onion slices into individual rings.
3. Set Up Breeding Stations:
  - Bowl 1: Mix flour, cornstarch, baking powder, salt, garlic powder, and paprika.
  - Bowl 2: Whisk egg and milk.
  - Bowl 3: Place panko breadcrumbs.
4. Dip each ring in the flour mixture, then the egg mixture, and finally coat with panko, pressing to adhere.
5. Spray the air fryer basket with olive oil. Place the rings in a single layer and spray the tops. Air fry for 10-12 minutes, flipping halfway, until golden and crispy.
6. Enjoy immediately with your favorite dipping sauce.

# HEALTHY AIR FRYER CHEESY GARLIC BREAD

PREP: 5 MIN

COOK: 5-7 MIN

SERVES: 4

## INGREDIENTS

- 4 slices of whole-grain or whole-wheat bread (or your favorite bread)
- 2 tablespoons olive oil or butter (for a healthier option, use olive oil)
- 3 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 cup shredded low-fat mozzarella or part-skim mozzarella cheese
- 2 tablespoons grated Parmesan cheese
- Salt and pepper to taste
- Fresh parsley or basil for garnish (optional)
- Optional: 1/4 teaspoon red pepper flakes for a spicy kick

## DIRECTIONS

1. Mix olive oil (or butter), minced garlic, dried oregano, and parsley in a bowl. Optionally add salt and pepper.
2. Brush the garlic mixture evenly over each slice of bread.
3. Sprinkle shredded mozzarella and a little grated Parmesan on top. Add red pepper flakes for heat if desired.
4. Set to 350°F (175°C) for 3 minutes.
5. Place bread slices in a single layer in the air fryer. Air fry for 5-7 minutes until crispy and cheese is melted.
6. Remove from the air fryer and garnish with fresh parsley or basil if desired.

## HEALTHY AIR FRYER NACHOS (V.1)

PREP: 5 MIN

COOK: 5-7 MIN

SERVES: 4

### INGREDIENTS

- 4 ounces tortilla chips (preferably baked or whole-grain for a healthier option)
- 1/2 cup shredded reduced-fat cheddar cheese (or your favorite cheese)
- 1/4 cup black beans, drained and rinsed
- 1/4 cup diced tomatoes
- 1/4 cup sliced black olives (optional)
- 1/4 cup diced red onion
- 1 small jalapeño, sliced (optional for heat)
- 1/4 cup corn kernels (fresh, frozen, or canned)
- 1/4 cup diced avocado (optional for garnish)
- 2 tablespoons chopped fresh cilantro (for garnish)
- 1/4 cup salsa or pico de gallo (optional)
- 1/4 cup plain Greek yogurt or light sour cream (for topping)

### DIRECTIONS

1. Drain and rinse beans, dice tomatoes, red onion, jalapeño, and slice avocado.
2. Layer tortilla chips in the air fryer basket, then top with shredded cheese, black beans, corn, tomatoes, and red onion. If desired, add black olives and jalapeños.
3. Preheat Air Fryer to 350°F (175°C) for 2-3 minutes.
4. Air fry at 350°F (175°C) for 5-7 minutes or until cheese is melted. Check at 5 minutes to avoid overcooking.
5. Carefully remove the nachos and top with avocado, cilantro, and a dollop of Greek yogurt or sour cream. If desired, add salsa or pico de gallo.
6. Enjoy your crispy, cheesy nachos hot!

## HEALTHY AIR FRYER NACHOS (V.2)

PREP: 10 MIN

COOK: 5-7 MIN

SERVES: 4

### INGREDIENTS

- 4 cups of whole grain or baked tortilla chips (choose low-sodium, if possible)
- 1 cup shredded low-fat cheddar cheese or Mexican cheese blend
- 1/2 cup black beans (canned, rinsed, and drained)
- 1/2 cup diced tomatoes
- 1/4 cup sliced black olives (optional)
- 1/4 cup diced red onions
- 1/4 cup chopped green onions
- 1/2 teaspoon cumin powder
- 1/2 teaspoon chili powder
- 1/2 cup diced avocado (optional)
- Fresh cilantro for garnish (optional)
- Fresh lime wedges for serving (optional)

### DIRECTIONS

1. Layer half of the tortilla chips in the air fryer basket without overcrowding.
2. Sprinkle half of the shredded cheese over the chips. Layer black beans, diced tomatoes, red onions, black olives (if using), and season with cumin and chili powder. Add the remaining chips and repeat with the rest of the cheese and toppings.
3. Preheat Air Fryer to 350°F (175°C) for 2-3 minutes.
4. Air fry at 350°F (175°C) for 5-7 minutes until cheese melts and chips are crispy. Watch closely to avoid burning.
5. Carefully remove nachos and add fresh toppings like avocado, green onions, cilantro, and lime juice. Serve with optional sides like Greek yogurt, salsa, or guacamole.

# CRISPY POTATO SKINS

PREP: 10 MIN

COOK: 20-25 MIN

SERVES: 4

## INGREDIENTS

- 4 medium russet potatoes (or sweet potatoes for a twist)
- 1 tablespoon olive oil or avocado oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika (optional for a smoky flavor)
- Salt and pepper, to taste
- 1/2 cup shredded reduced-fat cheddar cheese
- 1/4 cup plain Greek yogurt (or light sour cream for topping)
- 2-3 slices of cooked turkey bacon or regular bacon, crumbled (optional)
- 1/4 cup chopped green onions or chives (optional garnish)

## DIRECTIONS

1. Wash, pierce, and microwave potatoes for 5-7 minutes until tender but not fully cooked. Let cool.
2. Preheat Air Fryer to 400°F (200°C) for 3-5 minutes.
3. Cut potatoes in half and scoop out the flesh, leaving 1/4 inch of skin.
4. Brush with oil and season with garlic powder, paprika (optional), salt, and pepper.
5. Place skins skin-side down in the air fryer and cook at 400°F (200°C) for 10-12 minutes until crispy.
6. Sprinkle with shredded cheddar and crumbled turkey bacon (if using).
7. Return to air fryer at 350°F (175°C) for 2-3 minutes until cheese melts.
8. Top with Greek yogurt or sour cream and garnish with green onions or chives. Enjoy!

# SWEET POTATO WEDGES WITH DIPPING SAUCE

PREP: 10 MIN

COOK: 15-20 MIN

SERVES: 4

## INGREDIENTS

### For the Sweet Potato Wedges:

- 2 large sweet potatoes, scrubbed and cut into wedges
- 1 tbsp olive oil or avocado oil
- 1/2 tsp paprika, 1/2 tsp garlic powder
- 1/4 tsp ground cumin (optional)
- Salt and pepper, to taste, fresh parsley or cilantro

### For the Dipping Sauce:

- 1/4 cup plain Greek yogurt or light sour cream
- 1 tbsp Dijon mustard or honey mustard
- 1 tbsp lemon juice, 1/2 tsp garlic powder
- Salt and pepper, to taste
- Optional: a pinch of cayenne pepper for a spicy kick

## DIRECTIONS

1. Wash and cut sweet potatoes into wedges.
2. Set to 400°F (200°C) for 3-5 minutes.
3. Toss wedges with olive oil, paprika, garlic powder, cumin (optional), salt, and pepper until coated.
4. Arrange wedges in a single layer in the air fryer. Cook at 400°F (200°C) for 15-20 minutes, shaking halfway through, until golden and crispy.
5. Whisk Greek yogurt, Dijon mustard, lemon juice, garlic powder, salt, and pepper in a bowl. If desired, add cayenne for heat.
6. Remove wedges, garnish with parsley or cilantro, and serve with dipping sauce. Enjoy!

# AIR FRYER LEMON PEPPER CHICKEN WINGS

PREP: 10 MIN

COOK: 25 MIN

SERVES: 4

## INGREDIENTS

- 2 lbs chicken wings, split into flats and drumettes
- 2 tablespoons olive oil (or avocado oil)
- 1 tablespoon lemon pepper seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon salt (adjust to taste)
- 1/2 teaspoon black pepper (optional, for extra heat)
- 1 tablespoon fresh lemon juice (optional for extra tang)
- 1 tablespoon chopped fresh parsley (optional, for garnish)

## DIRECTIONS

1. Pat chicken wings dry with paper towels.
2. Toss wings with olive oil, lemon pepper seasoning, garlic powder, salt, and black pepper in a bowl. Drizzle with fresh lemon juice for extra flavor.
3. Marinate (Optional): Refrigerate for 20 minutes for deeper flavor, or skip if short on time.
4. Preheat Air Fryer to 190°C for 3-5 minutes.
5. Arrange wings in a single layer in the basket. Cook at 380°F (190°C) for 20 minutes, flipping halfway.
6. Increase temperature to 400°F (200°C) and cook for 5 minutes for extra crispiness.
7. Remove the wings and let them rest for a minute. If desired, garnish with chopped parsley and a squeeze of lemon juice. Serve with celery, carrot sticks, and a light dip like ranch or blue cheese. Enjoy!

# AIR FRYER COCONUT SHRIMP

PREP: 15 MIN

COOK: 8-10 MIN

SERVES: 4

## INGREDIENTS

- 1 lb large shrimp, peeled, tails on
  - 1/2 cup all-purpose flour (or whole wheat flour for a healthier option)
  - 1/2 tsp salt, 1/2 tsp black pepper, 1/2 tsp paprika (optional for color and flavor)
  - 2 large eggs
  - 1/2 cup unsweetened shredded coconut
  - 1/2 cup panko breadcrumbs (use whole wheat panko for extra fiber)
  - 1 tbsp olive oil or avocado oil (optional)
- Optional Dipping Sauce:**
- 1/4 cup Greek yogurt or light mayonnaise
  - 1 tbsp honey
  - 1 tbsp Dijon mustard
  - 1 tbsp lime or lemon juice

## DIRECTIONS

1. Pat shrimp dry and set aside.
2. In one bowl, mix flour, salt, pepper, and paprika. In another, whisk eggs. In a third bowl, combine shredded coconut and panko.
3. Dip each shrimp in the flour mixture, then the eggs, and press into the coconut-panko mix to coat well.
4. Preheat Air Fryer to 190°C for 3-5 minutes.
5. Lightly oil the air fryer basket. Arrange shrimp in a single layer, optionally spraying tops with oil. Cook at 375°F (190°C) for 8-10 minutes, flipping halfway, until golden and crispy.
6. Whisk Greek yogurt (or light mayo), honey, Dijon mustard, and lime juice in a bowl—season with salt and pepper.
7. Remove the shrimp and serve immediately with the dipping sauce. If desired, garnish with cilantro, lime wedges, or sea salt. Enjoy!

## AIR FRYER STUFFED MUSHROOMS

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

- 12 large white or cremini mushrooms, stems removed
- 1/2 cup cream cheese, softened (can substitute with low-fat cream cheese)
- 1/4 cup grated Parmesan cheese
- 2 tbsp breadcrumbs (optional; can use panko for extra crunch)
- 2 cloves garlic, minced
- 2 tbsp fresh parsley, finely chopped (or 1 teaspoon dried parsley)
- 1 tbsp olive oil
- 1/4 tsp black pepper
- 1/4 tsp salt (adjust to taste)
- 1/4 tsp onion powder (optional)
- 1 tbsp lemon juice (optional for added tang)
- Cooking spray (olive oil or avocado oil)

### DIRECTIONS

1. Clean mushrooms with a damp cloth, remove stems, and set aside (finely chop if desired).
2. Mix softened cream cheese, Parmesan, breadcrumbs, minced garlic, parsley, salt, pepper, onion powder (optional), and lemon juice in a bowl. If using, add chopped stems.
3. Fill each mushroom cap with the cheese mixture, distributing evenly.
4. Preheat Air Fryer to 350°F (175°C) for 3 minutes.
5. Lightly spray the basket with cooking spray and arrange the mushrooms in a single layer. Cook at 350°F (175°C) for 8–10 minutes until golden brown and tender.
6. Remove mushrooms, garnish with fresh parsley and Parmesan, and let cool for a few minutes before serving. Enjoy!

## HEALTHY AIR FRYER MEATBALLS

PREP: 15 MIN

COOK: 10-12 MIN

SERVES: 4

### INGREDIENTS

- 1 lb (450 g) ground beef (lean, 85% or higher)
- 1/4 cup breadcrumbs (whole wheat or gluten-free for a healthier option)
- 1/4 cup grated Parmesan cheese
- 1 large egg
- 2 cloves garlic, minced
- 1/2 small onion, finely chopped
- 1/4 cup fresh parsley, chopped (or 1 tsp dried parsley)
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper
- 1/2 tsp dried oregano (optional)
- 1/4 tsp red pepper flakes (optional, for a bit of heat)
- Olive oil spray

### DIRECTIONS

1. Mix ground beef, breadcrumbs, Parmesan, egg, minced garlic, chopped onion, parsley, salt, pepper, oregano, and red pepper flakes until combined.
2. Shape the mixture into 1 to 1.5-inch balls (about 12-16 total).
3. Preheat Air Fryer to 375°F (190°C) for 3-4 minutes.
4. Lightly spray the basket with olive oil. Place the meatballs in a single layer, spraying the tops with oil. Air fry for 10-12 minutes, turning halfway, until golden brown and cooked through (internal temperature of 165°F or 74°C).
5. Remove and serve with your favorite sauce, over pasta, or with vegetables. Enjoy!

# AIR-FRIED VEGGIE FRITTERS

PREP: 15 MIN

COOK: 12-15MIN

SERVES: 4

## INGREDIENTS

- 1 cup grated zucchini (about 1 medium zucchini)
- 1 cup grated carrots (about 2 medium carrots)
- 1/2 cup finely chopped onion (about 1 small onion)
- 1/2 cup chickpea flour (also known as besan or gram flour)
- 1 large egg (or 1/4 cup applesauce for a vegan option)
- 1/2 tsp garlic powder, 1/2 tsp onion powder
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper
- 1/2 tsp cumin (optional)
- 1/2 tsp paprika (optional)
- 1-2 tbsp olive oil (for brushing or spraying)

## DIRECTIONS

1. Grate zucchini and carrots. Squeeze out excess moisture using a towel.
2. Combine grated vegetables, chopped onion, chickpea flour, egg (or applesauce), garlic powder, onion powder, salt, pepper, cumin, and paprika in a bowl. Mix until thick and well combined; add more chickpea flour if it is too loose.
3. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
4. Form mixture into small patties (2-3 inches in diameter) and flatten slightly.
5. Brush or spray the basket with olive oil. Place fritters in a single layer, cooking in batches if necessary. Air fry for 12-15 minutes, flipping halfway, until golden brown and crispy.
6. Remove fritters and let cool for a few minutes. Enjoy warm!

# AIR FRYER ROASTED CHICKPEAS

PREP: 5 MIN

COOK: 15-20 MIN

SERVES: 4

## INGREDIENTS

- 1 can (15 oz/425 g) chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp garlic powder (optional)
- 1/2 tsp paprika (optional for a smoky flavor)
- 1/4 tsp cumin (optional for a warm, earthy flavor)
- 1/4 tsp cayenne pepper (optional, for a spicy kick)

## DIRECTIONS

1. Drain, rinse, and pat chickpeas dry with a towel.
2. Toss chickpeas in a bowl with olive oil, salt, and optional spices (garlic powder, paprika, cumin, cayenne) until evenly coated.
3. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
4. Place chickpeas in a single layer in the basket. Air fry for 15-20 minutes, shaking halfway through, until crispy and golden.
5. Let cool for a few minutes before serving; they'll crisp up more as they cool. Enjoy!

# SPINACH AND ARTICHOKE DIP BITES

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 1 cup fresh spinach, chopped (or 1/2 cup frozen spinach, thawed and drained)
- 1/2 cup canned artichoke hearts, drained and chopped
- 1/2 cup Greek yogurt, softened
- 1/4 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 clove of garlic, chopped (or 1/2 tsp garlic powder)
- 1/4 teaspoon onion powder
- Salt and pepper to taste
- 1 package of phyllo pastry cups (store-bought, usually found in the freezer aisle)

## DIRECTIONS

1. Preheat Air Fryer to 350°F (175°C) for 3 minutes.
2. Mix chopped spinach, artichokes, Greek yogurt, cream cheese, mozzarella, Parmesan, garlic, onion powder, salt, pepper, and optional red pepper flakes or herbs until creamy.
3. Place thawed phyllo pastry cups in the air fryer basket.
4. Spoon the filling into each cup, filling just below the top.
5. Cook in a single layer for 8-10 minutes until heated through and lightly golden.
6. Remove with tongs, let cool for a minute, and enjoy warm!

# CRISPY SPRING ROLLS

PREP: 20 MIN

COOK: 10-12 MIN

SERVES: 4

## INGREDIENTS

- 8 spring roll wrappers (found in the refrigerated or frozen section)
- 1 cup cabbage, finely shredded
- 1/2 cup carrots, julienned or grated
- 1/2 cup bell peppers, thinly sliced (any color)
- 1/4 cup green onions, chopped
- 1/2 cup cooked protein (tofu, chicken, shrimp, or ground turkey)
- 1 tbsp soy sauce (low-sodium recommended)
- 1 tsp sesame oil (or olive oil)
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1 tbsp fresh cilantro or parsley, chopped (optional)

## DIRECTIONS

1. Mix shredded cabbage, carrots, bell peppers, green onions, cooked protein, soy sauce, sesame oil, garlic powder, black pepper, and optional herbs until well combined.
2. Lay a spring roll wrapper in a diamond shape. Place 2 tablespoons of filling in the center. Fold the bottom corner up, tuck in the side corners, and roll tightly, sealing with water. Repeat with remaining wrappers.
3. Preheat Air Fryer to 193°C for 3-5 minutes.
4. Lightly coat the spring rolls with a spray or brush of oil. Arrange in a single layer in the air fryer. Cook for 10-12 minutes, flipping halfway, until golden and crispy.
5. Let cool for a minute, then enjoy warm with your favorite dipping sauce.

# HEALTHY AVOCADO FRIES

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 2 ripe avocados, cut into wedges (about 8 wedges per avocado)
- 1/2 cup all-purpose flour (or a gluten-free flour alternative)
- 2 large eggs, beaten
- 1 cup breadcrumbs (panko for extra crispiness)
- 1 tsp garlic powder
- 1 tsp paprika (optional)
- Salt and pepper, to taste
- Olive oil spray (or any cooking spray)

## DIRECTIONS

1. Halve the avocados, remove the pit, scoop out the flesh, and slice into wedges.
2. In three shallow dishes, place flour in one, beaten eggs in another, and mix breadcrumbs, garlic powder, paprika, salt, and pepper in the third.
3. Dredge each wedge in flour, dip it in eggs, and coat it with the breadcrumb mixture, pressing gently to adhere. Repeat for all wedges.
4. Preheat Air Fryer to 190°C for 3-5 minutes.
5. Lightly spray with olive oil. Arrange in a single layer in the air fryer and cook for 8-10 minutes, flipping halfway, until golden and crispy.
6. Allow to cool for a minute and serve warm with your favourite dipping sauce, ranch or salsa.

# HEALTHY A SPICY AIR FRYER FALAFEL

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 cup dried chickpeas (soaked overnight)
- 1 small onion, roughly chopped
- 2-3 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika (or regular paprika)
- 1/2 tsp cayenne pepper (adjust for spice preference)
- 1 tsp baking powder
- Salt and pepper, to taste
- 2-3 tbsp olive oil (for brushing)
- Optional: 1 tbsp tahini (for creaminess)

## DIRECTIONS

1. Drain and rinse the soaked chickpeas, ensuring they are dry.
2. Combine chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, baking powder, paprika, cayenne, salt, and pepper in a food processor. Pulse until finely chopped but textured. Optionally, add tahini for creaminess.
3. Scoop 1-2 tablespoons of the mixture and form into small balls or patties, using wet hands to prevent sticking.
4. Preheat Air Fryer to 190°C for 3-5 minutes.
5. Lightly brush with olive oil and arrange in a single layer in the air fryer. Cook for 12-15 minutes, flipping halfway, until golden brown and crispy.
6. Take out from the air fryer and serve warm alongside pita, salads, or your choice of dipping sauce.

# HEALTHY STUFFED BELL PEPPERS

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- 4 medium bell peppers (any color)
- 1 cup cooked quinoa (or rice)
- 1 cup black beans (canned, drained, and rinsed)
- 1 cup corn (canned or frozen)
- 1 cup diced tomatoes (canned, drained)
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp garlic powder
- Salt and pepper, to taste
- 1 cup shredded cheese (cheddar or mozzarella, optional)
- Fresh cilantro or parsley for garnish (optional)
- Olive oil spray (optional)

## DIRECTIONS

1. Cut off the tops and remove seeds and membranes. Optionally spray the outside with olive oil.
2. Combine the cooked quinoa, black beans, corn, diced tomatoes, cumin, chili powder, garlic powder, salt, and pepper, mixing thoroughly until evenly blended.
3. Fill each pepper with the mixture, packing gently. Top with shredded cheese if desired.
4. Preheat Air Fryer to 375°F (190°C) for 3-5 minutes.
5. Place stuffed peppers upright in the air fryer basket. Cook for 15-20 minutes, until tender. For bubbly cheese, add an extra 2-3 minutes.
6. Remove from the air fryer, let cool for a minute, and garnish with fresh cilantro or parsley if desired.

CHAPTER 4  
*Main Courses*

# JUICY AIR FRYER BURGERS

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 pound lean ground beef (90% lean)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Worcestershire sauce
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp smoked paprika (optional for added flavor)
- 4 whole wheat hamburger buns
- 4 slices of cheese (optional, e.g., cheddar or Swiss)
- Toppings: lettuce, tomato slices, onion slices, pickles, avocado, or your choice of condiments (ketchup, mustard, etc.)

## DIRECTIONS

1. Combine ground beef, garlic powder, onion powder, Worcestershire sauce, salt, pepper, and smoked paprika in a bowl. Mix gently.
2. Divide into four portions, shape into ¾-inch thick patties, and make a slight thumb indentation in the center.
3. Preheat Air Fryer to 375°F (190°C) for 3-5 minutes.
4. Place in the air fryer without touching. Cook at 375°F (190°C) for 12-15 minutes, flipping halfway. Add cheese in the last 2 minutes if desired.
5. Use a meat thermometer to ensure burgers reach 160°F (71°C).
6. Toast buns in air fryer for 1-2 minutes if desired, then add toppings and condiments.

# AIR-FRIED CHICKEN PARMESAN

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- 4 boned, skinless chicken breasts, about 4oz each
- ½ cup whole wheat breadcrumbs
- ½ cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp black pepper
- 1 large egg
- ½ cup marinara sauce (store-bought or homemade)
- 1 cup shredded part-skim mozzarella cheese
- Fresh basil or parsley (for garnish, optional)

## DIRECTIONS

1. Preheat the Air fryer to 380°F (193°C) for 3-5 minutes. If needed, pound the chicken to ½ inches thick.
2. Mix breadcrumbs, Parmesan, garlic powder, oregano, salt, and pepper in a bowl. In another bowl, beat an egg. Dip the chicken in the egg, then coat it in the breadcrumb mixture.
3. Spray cooking spray into the fryer basket. Cook chicken at 380°F (193°C) for 10 minutes.
4. Flip the chicken, add 2 tablespoons marinara, and top with mozzarella. Cook for 5-7 more minutes until the chicken reaches 165°F (74°C) and the cheese is bubbly.
5. Rest the chicken for a few minutes. Garnish with basil or parsley if desired.

# CRISPY AIR FRYER CHICKEN TENDERS

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 pound boneless, skinless chicken tenders (about 12 tenders)
- 1 cup whole wheat breadcrumbs (or panko for extra crunch)
- ½ cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp salt
- ½ tsp black pepper
- 1 large egg
- 2 tbsp olive oil (for extra crispiness; optional)
- Cooking spray (optional for additional crispiness)

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C) for 3-5 minutes. Pat chicken tenders dry.
2. Mix breadcrumbs, Parmesan, garlic powder, onion powder, paprika, salt, and pepper in a bowl. Beat an egg in another bowl. Dip chicken in egg, then coat in breadcrumb mixture. For extra crispiness, lightly brush with olive oil.
3. Spray the air fryer basket with cooking spray. Cook tenders at 400°F (200°C) for 8 minutes.
4. Flip tenders and cook for 5-7 more minutes until crispy and chicken reaches 165°F (74°C).
5. Let cool for a minute before serving.

# AIR FRYER SALMON WITH LEMON DILL

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 4 salmon fillets (about 6 oz each, skin on or off)
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp dried or 1 tablespoon fresh dill
- Salt and pepper, to taste
- Lemon wedges, for serving
- Fresh dill, for garnish (optional)

## DIRECTIONS

1. Mix olive oil, lemon juice, garlic powder, dill, salt, and pepper. Coat salmon fillets and marinate for 5-10 minutes.
2. Preheat air fryer to 400°F (200°C) for 3-5 minutes.
3. Place salmon in a single layer in the air fryer, skin side down if needed. Cook at 400°F (200°C) for 8-10 minutes, adding 1-2 minutes for thicker fillets.
4. Remove and serve with lemon wedges and fresh dill.

# GARLIC BUTTER AIR-FRIED SHRIMP

PREP: 10 MIN

COOK: 8 MIN

SERVES: 4

## INGREDIENTS

- 1 pound large shrimp (peeled and deveined)
- 4 tbsp unsalted butter (melted)
- 4 cloves garlic (minced)
- 1 tsp lemon juice (freshly squeezed)
- 1 tsp paprika
- ½ tsp salt
- ½ tsp black pepper
- ¼ tsp red pepper flakes (optional, for heat)
- 2 tbsp fresh parsley (chopped for garnish)

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C) for 3-5 minutes.
2. Mix melted butter, minced garlic, lemon juice, paprika, salt, pepper, and red pepper flakes. Toss shrimp in the mixture until coated.
3. Spray the fryer basket with cooking spray. Cook the shrimp in a single layer at 400°F (200°C) for 6-8 minutes, shaking halfway.
4. Transfer to a serving dish and sprinkle with the parsley and lemon juice.

# AIR-FRIED PORK CHOPS

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 4 bone-in or boneless pork chops (about 1-inch thick)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp dried thyme (or your preferred herb)
- ½ tsp salt
- ½ tsp black pepper
- ¼ tsp cayenne pepper (optional, for heat)

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C) for 3-5 minutes.
2. Pat pork chops dry. Blend together the chive, olive oil, onion, smoked pepper, thyme, salt, pepper and cayenne pepper. Brush the mixture on both sides of the chops.
3. Place chops in a single layer in the air fryer. Cook at 400°F (200°C) for 12-15 minutes, flipping halfway, until internal temperature reaches 145°F (63°C).
4. Let rest for 5 minutes before serving.

# GRILLED AIR FRYER STEAK

PREP: 10 MIN

COOK: 12-15 MIN

SERVES: 4

## INGREDIENTS

- 4 sirloin steaks (about 1 inch thick, around 6 oz each)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (or regular paprika)
- 1 tsp dried rosemary (or your favorite herb)
- ½ tsp salt
- ½ tsp black pepper
- ¼ tsp cayenne pepper (optional for added heat)

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C) for 5 minutes.
2. Pat steaks dry. Mix olive oil, garlic powder, onion powder, smoked paprika, rosemary, salt, pepper, and cayenne. Rub the mixture on both sides of the steaks.
3. Place steaks in a single layer in the air fryer. Cook at 400°F (200°C) for 12-15 minutes, flipping halfway, until internal temperature reaches 135°F (57°C) for medium-rare or 145°F (63°C) for medium.
4. Let steaks rest for 5 minutes before serving.

# AIR-FRIED WHOLE CHICKEN

PREP: 15 MIN

COOK: 50-60 MIN

SERVES: 4

## INGREDIENTS

- 1 whole chicken (about 3-4 lbs)
- 2 tbsp olive oil
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp paprika (smoked or regular)
- 1 tsp dried thyme (or your favorite herb)
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp cayenne pepper (optional, for heat)
- Juice of 1 lemon (optional for added flavor)
- Fresh herbs (such as rosemary or thyme for stuffing, optional)

## DIRECTIONS

1. Preheat the air fryer to 360°F (180°C) for 5 minutes.
2. Remove the giblets and pat the chicken dry. Combine olive oil with garlic powder, onion powder, paprika, thyme, salt, pepper, and a pinch of cayenne. Rub the mixture all over the chicken, including under the skin.
3. Stuff the cavity with fresh herbs and lemon juice, if desired.
4. Place chicken breast-side down in the basket. Cook at 360°F (180°C) for 30 minutes, then flip and cook for another 20-30 minutes until the internal temperature reaches 165°F (75°C).
5. Let chicken rest for 10 minutes before carving.

# BBQ AIR FRYER RIBS

PREP: 15 MIN

COOK: 40 MIN

SERVES: 4

## INGREDIENTS

- 2 pounds of baby back ribs (or spare ribs)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp black pepper
- 1 tsp salt
- ½ tsp cayenne pepper (optional, for heat)
- ½ cup BBQ sauce (store-bought or homemade)

Note: Choose a low-sugar or sugar-free BBQ sauce for a healthier option.

## DIRECTIONS

1. Remove the membrane from the back of the ribs for tenderness. Pat ribs dry with paper towels.
2. Mix olive oil, garlic powder, onion powder, smoked paprika, black pepper, salt, and cayenne in a bowl. Rub the mixture all over the ribs.
3. Preheat the air fryer to 380°F (190°C) for 5 minutes.
4. Place seasoned ribs bone-side down in the basket. Cook at 380°F (190°C) for 25 minutes.
5. Brush BBQ sauce on both sides of the ribs and cook for another 10-15 minutes to caramelize.
6. Ensure ribs are tender and reach an internal temperature of 145°F (63°C). Cook longer if needed.
7. Let ribs rest for 5 minutes before cutting into portions.

# TERIYAKI AIR FRYER CHICKEN THIGHS

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- 4 bone-in, skinless chicken thighs (about 1.5 pounds)
- ¼ cup low-sodium soy sauce (or tamari for gluten-free)
- 2 tbsp honey (or maple syrup for a vegan option)
- 2 tbsp rice vinegar
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated (or ½ teaspoon ground ginger)
- 1 tbsp sesame oil (optional for extra flavor)
- 1 tsp cornstarch (optional for thickening the sauce)
- 1 tbsp sesame seeds (for garnish)
- Green onions, chopped (for garnish)

## DIRECTIONS

1. Combine soy sauce, honey, rice vinegar, garlic, ginger, and sesame oil in a bowl. Reserve 2 tablespoons for glazing.
2. Put the chicken thighs in a resealable bag or dish, pour the marinade over them, seal, and refrigerate for at least 30 minutes or up to 2 hours.
3. Preheat air fryer to 200°C for 5 minutes.
4. Remove the chicken from the marinade and discard the excess, optionally sprinkle with cornstarch for crispiness, arrange the chicken in a single layer on the air fryer and cook for 10 minutes.
5. Brush the chicken with the reserved marinade and continue cooking for 10 minutes, until the internal temperature reaches 165°F (75°C).
6. Let chicken rest for 5 minutes, then sprinkle with sesame seeds and chopped green onions before serving.

# AIR-FRIED FISH TACOS

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

### For the Fish:

- 1 pound white fish fillets (such as cod, tilapia, or halibut)
- 1 tsp chili powder
- 1 tsp garlic powder
- ½ tsp cumin , ½ tsp paprika
- ½ tsp salt , ¼ tsp black pepper
- 1 tbsp olive oil

### For the Slaw:

- 2 cups shredded cabbage (green, purple, or a mix)
- ½ cup carrots, shredded
- ¼ cup fresh cilantro, chopped
- 2 tbsp lime juice
- 1 tbsp olive oil
- Salt and pepper to taste

## DIRECTIONS

1. Mix chili powder, garlic powder, cumin, paprika, salt, and pepper in a bowl. Rub the mixture over the fish fillets and drizzle olive oil to coat them evenly.
2. Prepare Slaw: In a large bowl, combine shredded cabbage, carrots, cilantro, lime juice, olive oil, salt, and pepper. Toss to mix and set aside.
3. Preheat air fryer to 400°F (200°C) for 5 minutes.
4. Cook Fish: Place seasoned fish in the air fryer basket. Cook at 400°F (200°C) for 8-10 minutes, flipping halfway, until it flakes easily and reaches 145°F (63°C).
5. Warm tortillas in the air fryer for the last 2 minutes of cooking or in a skillet for 30 seconds on each side.
6. Flake the fish into bite-sized pieces and place them on tortillas. Top with slaw and avocado if desired. Drizzle with hot sauce and squeeze lime juice before serving.

# AIR FRYER BEEF AND VEGGIE KEBABS

PREP: 15 MIN

COOK: 10-12 MIN

SERVES: 4

## INGREDIENTS

- 1 pound beef sirloin or flank steak, cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 green bell pepper, cut into 1-inch pieces
- 1 medium zucchini, sliced into rounds
- 1 medium red onion, cut into wedges
- 2 tbsp olive oil
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (optional for a smoky flavor)
- Salt and pepper to taste
- Wooden or metal skewers (if using wooden skewers, soak them in water for 30 minutes before grilling)

## DIRECTIONS

1. In a bowl, mix olive oil, garlic powder, onion powder, smoked paprika, salt, and pepper.
2. Toss cubed beef in the marinade until coated. Marinate for at least 10 minutes.
3. Cut bell peppers, zucchini, and red onion as directed.
4. Thread marinated beef and vegetables onto skewers, alternating pieces with space in between.
5. Preheat air fryer to 400°F (200°C) for 5 minutes.
6. Place the kebabs in the air fryer in a single layer. Cook at 400°F (200°C) for 10-12 minutes, turning halfway, until the beef reaches the desired doneness (135°F for medium-rare, 145°F for medium) and the vegetables are tender.
7. Let kebabs rest for a few minutes, then serve warm with your favorite dipping sauce or over rice or quinoa.

# AIR FRYER STUFFED CHICKEN BREASTS

PREP: 15 MIN

COOK: 18-20 MIN

SERVES: 4

## INGREDIENTS

- 4 boneless, skinless chicken breasts (about 6 oz each)
- 1 cup fresh spinach, chopped (or 1/2 cup frozen spinach, thawed and drained)
- 1/2 cup cream cheese, softened (can substitute with Greek yogurt for a healthier option)
- 1/2 cup shredded mozzarella cheese (optional)
- 1 clove garlic, minced
- 1 tsp Italian seasoning (or a mix of dried basil, oregano, and thyme)
- Salt and pepper to taste
- 1 tbsp olive oil (for brushing)

## DIRECTIONS

1. In a bowl, mix chopped spinach, cream cheese, minced garlic, Italian seasoning, mozzarella, salt, and pepper.
2. Pat chicken breasts dry and create a pocket by slicing horizontally without cutting through.
3. Fill each pocket with the spinach mixture and secure it with toothpicks if needed.
4. Preheat air fryer to 375°F (190°C) for 5 minutes.
5. Brush the stuffed breasts with olive oil and season with salt and pepper.
6. Place in the air fryer basket and cook at 375°F (190°C) for 18-20 minutes, flipping halfway, until internal temperature reaches 165°F (74°C).
7. Let rest for 5 minutes before slicing. Serve warm, optionally, with a side salad or steamed vegetables.

# AIR-FRIED TURKEY MEATBALLS

PREP: 15 MIN

COOK: 12-15 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450 g) ground turkey
- 1/2 cup breadcrumbs (whole wheat or regular)
- 1/4 cup grated Parmesan cheese (optional)
- 1/4 cup fresh parsley, chopped (or 1 tablespoon dried parsley)
- 1 large egg
- 2 cloves garlic, minced
- 1 tsp onion powder
- 1 tsp Italian seasoning (or a mix of dried basil, oregano, and thyme)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp olive oil (for brushing or spraying)

## DIRECTIONS

1. Preheat air fryer to 375°F (190°C) for 5 minutes.
2. Combine ground turkey, breadcrumbs, Parmesan (if using), parsley, egg, minced garlic, onion powder, Italian seasoning, salt, and pepper in a bowl. Mix until just combined.
3. Shape mixture into 1 to 1.5-inch meatballs, yielding about 16.
4. Lightly brush or spray the air fryer basket with olive oil.
5. Place meatballs in a single layer in the basket. Cook at 375°F (190°C) for 12-15 minutes, flipping halfway, until they reach 165°F (74°C).
6. Let the meatballs rest for a few minutes, then serve warm with your favorite sauce, such as marinara or barbecue.

# AIR FRYER COD WITH PANKO CRUST

PREP: 10 MIN

COOK: 12-15 MIN

SERVES: 4

## INGREDIENTS

- 4 cod fillets (about 6 oz each)
- 1 cup panko breadcrumbs
- 1/4 cup grated Parmesan cheese (optional)
- 2 tbsp olive oil (or melted butter)
- 1 tsp garlic powder
- 1 tsp paprika (optional for a smoky flavor)
- 1 tsp dried parsley (or fresh, chopped)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp lemon juice (for garnish)

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C) for 5 minutes.
2. Mix panko breadcrumbs, Parmesan (if using), garlic powder, paprika, dried parsley, salt, and pepper in a bowl. Drizzle with olive oil (or melted butter) and toss until coated.
3. Pat cod fillets dry; brush with olive oil or melted butter for extra flavor.
4. Press each fillet into the panko mixture, ensuring a firm coating.
5. Place coated fillets in the air fryer basket in a single layer. Cook at 400°F (200°C) for 12-15 minutes until flaky and golden brown, reaching an internal temperature of 145°F (63°C).
6. Remove cod from the air fryer and drizzle with lemon juice before serving.

# GRILLED LAMB CHOPS IN THE AIR FRYER

PREP: 10 MIN

COOK: 12-15 MIN

SERVES: 4

## INGREDIENTS

- 8 lamb chops (about 1-inch thick)
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped (or 1 teaspoon dried)
- 1 tbsp fresh thyme (or 1 teaspoon dried)
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp lemon juice

## DIRECTIONS

1. In a bowl, mix olive oil, minced garlic, rosemary, thyme, salt, pepper, and lemon juice.
2. Place lamb chops in a resealable bag or dish, pour marinade over, seal, and refrigerate for at least 30 minutes (up to 2 hours).
3. Preheat air fryer to 400°F (200°C) for 5 minutes.
4. Remove chops from marinade, letting excess drip off, and place in a single layer in the air fryer basket.
5. Cook at 400°F (200°C) for 12-15 minutes, flipping halfway, until the internal temperature reaches 145°F (63°C) for medium-rare or 160°F (71°C) for medium.
6. Let chops rest for 5 minutes before serving to retain juices.

# AIR FRYER TOFU STIR-FRY

PREP: 15 MIN

COOK: 15-20 MIN

SERVES: 4

## INGREDIENTS

- 14 oz (400 g) firm or extra-firm tofu, drained and pressed
- 2 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp sesame oil
- 1 tbsp cornstarch (optional for extra crispiness)
- 1 bell pepper, sliced (any color)
- 1 medium zucchini, sliced
- 1 cup broccoli florets
- 1 cup snap peas (or green beans)
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced (or 1 teaspoon ground ginger)
- 1 tbsp hoisin sauce (optional)
- Salt and pepper to taste
- Sesame seeds for garnish (optional)
- Chopped green onions for garnish (optional)

## DIRECTIONS

1. Cut pressed tofu into 1-inch cubes. Toss with soy sauce, sesame oil, and cornstarch in a bowl until well coated.
2. Preheat Air Fryer to 375°F (190°C) for 5 minutes.
3. Place tofu in the air fryer basket in a single layer. Cook for 10-12 minutes, shaking halfway through, until golden brown and crispy.
4. In a bowl, mix sliced bell pepper, zucchini, broccoli, snap peas, minced garlic, ginger, hoisin sauce (if using), salt, and pepper.
5. After the tofu is cooked, add the vegetable mixture to the basket. Cook for an additional 5-8 minutes, shaking halfway through.
6. Remove from the air fryer and serve hot, garnished with sesame seeds, and chopped green onions if desired.

# AIR FRYER CHICKEN FAJITAS

PREP: 15 MIN

COOK: 15-20 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts sliced into thin strips
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 medium onion, sliced
- 2 tbsp olive oil, 2 tsp chili powder
- 1 tsp paprika, 1 tsp cumin
- 1 tsp garlic powder, 1 tsp onion powder
- Salt and pepper, to taste
- 4 small whole wheat or corn tortillas
- Fresh cilantro for garnish (optional)
- Lime wedges, for serving (optional)
- Sour cream or Greek yogurt for serving (optional)
- Avocado or guacamole for serving (optional)

## DIRECTIONS

1. Mix sliced chicken, bell peppers, and onion in a large bowl. Drizzle with olive oil and season with chili powder, paprika, cumin, garlic powder, onion powder, salt, and pepper. Toss to coat.
2. Preheat Air Fryer to 400°F (200°C) for 5 minutes.
3. Place the chicken and vegetables in the air fryer basket in a single layer. Cook for 10-12 minutes, shaking halfway through, until chicken is cooked and vegetables are tender.
4. Wrap tortillas in aluminum foil and add to the air fryer for 2-3 minutes of cooking.
5. Remove everything from the air fryer. Fill each tortilla with the chicken and veggie mixture, and garnish with fresh cilantro. If desired, serve with lime wedges, sour cream, Greek yogurt, and avocado or guacamole.

# AIR FRYER SWEET AND SOUR PORK

PREP: 15 MIN

COOK: 15-20 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450 g) pork tenderloin, cut into 1-inch cubes
- 1 cup bell peppers (red, green, and yellow), cut into 1-inch pieces
- 1 medium onion, cut into 1-inch pieces
- 1 cup pineapple chunks (fresh or canned, drained)
- 1 tbsp olive oil
- Salt and pepper, to taste

### For the Sweet and Sour Sauce:

- 1/4 cup ketchup
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar or honey
- 2 tbsp soy sauce
- 1 tsp garlic powder
- 1 tsp ginger powder
- 1 tbsp cornstarch (for thickening)

## DIRECTIONS

1. Season pork cubes with salt, pepper, and olive oil in a bowl. Toss to coat.
2. Mix ketchup, apple cider vinegar, brown sugar (or honey), soy sauce, garlic powder, ginger powder, and cornstarch until smooth. Set aside.
3. Preheat Air Fryer to 400°F (200°C) for 5 minutes.
4. Place seasoned pork in the air fryer basket in a single layer. Cook for 10 minutes, shaking halfway through.
5. After 10 minutes, add bell peppers, onion, and pineapple to the pork. Drizzle with half the sweet and sour sauce and toss gently. Cook for another 5-7 minutes until pork is cooked and vegetables tender.
6. Remove from the air fryer, drizzle with the remaining sauce, tossing to coat.
7. Serve the sweet and sour pork over rice or quinoa. Enjoy!

# AIR FRYER BEEF EMPANADAS

PREP: 20 MIN

COOK: 15-18 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450 g) ground beef
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp chili powder (optional, for spice)
- 1/4 cup chopped fresh parsley (or cilantro)
- 1 tablespoon olive oil
- 1 package (10 oz) refrigerated empanada dough discs (usually found in the frozen section)
- 1 egg, beaten (for egg wash)

## DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Sauté chopped onion and garlic until translucent (3-4 minutes). Add ground beef, cumin, paprika, salt, pepper, and chili powder (if using). Cook until browned (5-7 minutes). Stir in chopped parsley, then remove from heat and let cool slightly.
2. Preheat the air fryer to 375°F (190°C) for 5 minutes. Place 1-2 tablespoons of beef filling on each empanada dough disc. Moisten the edges with water, fold over, and seal (crimp with a fork if desired). Repeat with the remaining discs and filling.
3. Arrange filled empanadas in a single layer in the air fryer basket. Brush tops with beaten egg for a golden finish.
4. Cook for 15-18 minutes, flipping halfway through, until golden brown and crispy. Reduce temperature to 350°F (175°C) if browning too quickly.
5. Let empanadas cool slightly before serving. Enjoy with your favorite dipping sauce!

## CHAPTER 5

# *Vegetarian and Vegan Recipes*

## AIR-FRIED TOFU NUGGETS

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

- 1 block (14 oz) firm or extra-firm tofu, pressed
- 1/2 cup breadcrumbs (panko works best for extra crispiness)
- 1/4 cup nutritional yeast (optional, for a cheesy flavor)
- 1 tbsp cornstarch
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp smoked paprika
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1 tbsp olive oil (or any neutral oil)
- 1 tbsp soy sauce (or tamari for gluten-free)

### DIRECTIONS

1. Drain and press tofu between towels with a heavy object for 20–30 minutes to remove excess water.
2. Mix breadcrumbs, nutritional yeast (optional), cornstarch, garlic powder, onion powder, smoked paprika, black pepper, and salt. In a separate bowl, combine olive oil and soy sauce.
3. Cut pressed tofu into nugget-sized pieces. Dip in the oil-soy sauce mixture.
4. Roll tofu pieces in the breadcrumb mixture, pressing lightly.
5. Preheat the air fryer to 375°F (190°C).
6. Air fry tofu for 12–15 minutes, shaking halfway, until golden and crispy.
7. Serve with your favorite dipping sauce.

## SWEET POTATO AND BLACK BEAN TACOS

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

- 2 medium sweet potatoes, peeled and diced into 1/2-inch cubes
- 1 tbsp olive oil
- 1 tsp cumin, 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp salt, 1/4 tsp black pepper
- 1 can (15 oz) black beans, drained and rinsed
- 8 small corn tortillas (or flour tortillas)
- 1/4 cup red onion, finely diced (optional, for garnish)
- 1/4 cup cilantro, chopped (optional)
- 1 lime, cut into wedges
- 1/2 avocado, sliced (optional)
- Salsa or hot sauce (optional)

### DIRECTIONS

1. Preheat air fryer to 400°F (200°C). Toss diced sweet potatoes with olive oil, cumin, chili powder, smoked paprika, garlic powder, salt, and pepper.
2. Air fry sweet potatoes for 12–15 minutes, shaking halfway, until crispy.
3. Warm tortillas in the air fryer for 2–3 minutes at 350°F (180°C) or in a skillet or microwave.
4. Heat black beans with cumin and salt (optional) in a saucepan for 5 minutes.
5. Fill tortillas with sweet potatoes and black beans.
6. Garnish with red onion, cilantro, avocado, lime, and preferred toppings.

# AIR-FRIED CAULIFLOWER STEAKS

PREP: 10 MIN

COOK: 15-20 MIN

SERVES: 4

## INGREDIENTS

- 1 large head of cauliflower
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp cumin
- 1/2 tsp onion powder
- 1/4 tsp turmeric (optional for color and flavor)
- Salt and black pepper, to taste
- Lemon wedges (optional for serving)
- Fresh parsley or cilantro, chopped (optional, for garnish)

## DIRECTIONS

1. Wash and trim the cauliflower, leaving the core intact. Slice into 1/2 to 3/4 inch "steaks."
2. Mix olive oil, smoked paprika, garlic powder, cumin, onion powder, turmeric (optional), salt, and pepper. Brush both sides of the steaks with the mixture.
3. Preheat to 375°F (190°C) for 3 minutes.
4. Air fry steaks in a single layer for 15-20 minutes, flipping halfway, until golden and crispy.
5. Garnish with parsley or cilantro and a squeeze of lemon juice.

# CRISPY AIR-FRIED BRUSSELS SPROUTS

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 50g (1lb) Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar (optional for added tanginess)
- 1 tsp garlic powder
- 1/2 tsp smoked paprika (optional for a smoky flavor)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp grated Parmesan (optional for a cheesy finish)
- Red pepper flakes (optional, for heat)

## DIRECTIONS

1. Trim ends, remove damaged leaves, and cut in half.
2. Toss with olive oil, balsamic vinegar (optional), garlic powder, smoked paprika, salt, and pepper.
3. Preheat to 375°F (190°C) for 3 minutes.
4. Air fry for 12-15 minutes, shaking halfway, until crispy and golden.
5. Garnish with Parmesan, red pepper flakes, lemon juice, or balsamic vinegar (optional). Serve hot.

# AIR-FRIED ROASTED BUTTERNUT SQUASH

PREP: 10 MIN

COOK: 15-20 MIN

SERVES: 4

## INGREDIENTS

- 1 medium butternut squash (about 2 lbs / 900g), peeled, seeded, and cut into 1-inch cubes
- 1 1/2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika (optional for added smokiness)
- 1/2 tsp ground cinnamon (optional, for a sweet and savory combo)
- 1/2 tsp salt
- 1/4 tsp black pepper
- Fresh herbs for garnish (optional, such as parsley or thyme)

## DIRECTIONS

1. Peel, seed, and cube butternut squash. Pat dry.
2. Toss cubes with olive oil, garlic powder, smoked paprika (optional), cinnamon (optional), salt, and pepper.
3. Preheat to 400°F (200°C) for 3 minutes.
4. Air fry for 15-20 minutes, shaking halfway, until golden and tender.
5. Garnish with fresh herbs like parsley or thyme, if desired.

# AIR FRYER VEGGIE QUESADILLAS

PREP: 10 MIN

COOK: 8-10 MIN

SERVES: 4

## INGREDIENTS

- 4 large whole wheat or corn tortillas
- 1 cup shredded cheese (cheddar, mozzarella, or Mexican blend)
- 1/2 red bell pepper, thinly sliced
- 1/2 green bell pepper, thinly sliced
- 1 small red onion, thinly sliced
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup corn kernels (canned or frozen)
- 1 small zucchini, thinly sliced (optional)
- 1 tsp olive oil, 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/4 tsp chili powder (optional)
- Salt and pepper, to taste
- Cooking spray (for greasing the air fryer)

## DIRECTIONS

1. Sauté bell peppers, red onion, zucchini (optional), black beans, and corn in olive oil for 4-5 minutes. Add cumin, smoked paprika, chili powder (optional), salt, and pepper.
2. Spread 1/4 cup veggie mix and 1/4 cup shredded cheese on half of each tortilla. Fold in half.
3. Preheat to 350°F (180°C) for 2-3 minutes.
4. Spray the air fryer basket and quesadillas with cooking spray. Air fry for 8-10 minutes, flipping halfway, until crispy and golden.
5. Slice and serve with salsa, guacamole, or sour cream.

# VEGAN STUFFED BELL PEPPERS

PREP: 15 MIN

COOK: 15-18 MIN

SERVES: 4

## INGREDIENTS

- 4 large bell peppers (any color, tops removed and seeds scooped out)
- 1 cup cooked quinoa (or rice, bulgur, or couscous as alternatives)
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup canned corn, drained
- 1 small red onion, diced
- 1/2 cup diced tomatoes (fresh or canned)
- 2 tbsp olive oil, 2 cloves garlic, minced
- 1 tsp ground cumin, 1 tsp smoked paprika
- 1/4 tsp chili powder (optional)
- Salt and pepper, to taste
- 1/4 cup nutritional yeast (optional)
- Fresh cilantro for garnish (optional)
- Lime wedges, for serving (optional)

## DIRECTIONS

1. Slice tops off and remove seeds.
2. Sauté red onion in olive oil for 3-4 minutes. Add garlic, cumin, smoked paprika, and chili powder (optional). Stir in diced tomatoes, black beans, corn, quinoa, salt, and pepper. Cook for 2-3 minutes. Add nutritional yeast (optional).
3. Fill peppers with the quinoa mixture.
4. Preheat to 350°F (180°C) for 3 minutes.
5. Air fry stuffed peppers for 15-18 minutes until tender and slightly charred.
6. Garnish with cilantro and lime juice (optional)

# AIR-FRIED CHICKPEA PATTIES

PREP: 10 MIN

COOK: 12-15 MIN

SERVES: 4

## INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/2 cup breadcrumbs (use whole wheat for added fiber)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped (or cilantro)
- 1 tbsp lemon juice
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 tsp cayenne pepper (optional for heat)
- 1/2 tsp salt, or to taste
- 1/4 tsp black pepper
- 2 tbsp olive oil, divided
- 2 tbsp tahini or nut butter (optional for creaminess)

## DIRECTIONS

1. Mix chickpeas with breadcrumbs, onion, garlic, parsley, lemon juice, cumin, paprika, cayenne (optional), salt, and pepper. If the mixture is too dry, add tahini or water.
2. Form the mixture into 2-inch patties (about 8 patties).
3. Preheat to 375°F (190°C) for 3 minutes.
4. Brush patties with olive oil and air fry for 12-15 minutes, flipping halfway, until crispy.
5. Serve warm with sauces, wraps, or salads.

## SPICY AIR FRYER FALAFEL

PREP: 10 MIN

COOK: 12-15 MIN

SERVES: 4

### INGREDIENTS

- 1 cup dried chickpeas, soaked overnight (do not use canned chickpeas)
- 1 small onion, roughly chopped
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1 tbsp lemon juice, 1 tbsp olive oil
- 1 tsp ground cumin, 1 tsp ground coriander
- 1/2 tsp cayenne pepper (adjust for spice level)
- 1/2 tsp smoked paprika
- 1/2 tsp baking powder
- 1/2 tsp salt, or to taste, 1/4 tsp black pepper
- 1 tbsp flour (use chickpea or all-purpose flour)

### DIRECTIONS

1. Soak dried chickpeas overnight, then drain and rinse.
2. Blend chickpeas, onion, garlic, parsley, cilantro, lemon juice, and olive oil in a food processor. Add cumin, coriander, cayenne, paprika, baking powder, salt, pepper, and flour. Pulse until combined. Adjust with flour or water if needed.
3. Form the mixture into 12 small balls or patties.
4. Preheat to 370°F (190°C) for 3 minutes.
5. Brush falafel with olive oil and air fry for 12–15 minutes, flipping halfway.
6. Serve hot with pita, hummus, or salad.

## AIR-FRIED ZUCCHINI BOATS

PREP: 10 MIN

COOK: 12-15 MIN

SERVES: 4

### INGREDIENTS

- 4 medium zucchini
- 1 cup cherry tomatoes, diced
- 1/2 cup bell pepper, finely chopped
- 1/2 cup onion, finely chopped
- 1/2 cup cooked quinoa (or rice, optional)
- 1/4 cup grated Parmesan cheese (optional, or use vegan cheese)
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- 1/2 tsp smoked paprika
- Salt and pepper, to taste
- 1 tbsp fresh parsley or basil, chopped (optional for garnish)

### DIRECTIONS

1. Halve and scoop out the zucchini to form boats, reserving the flesh.
2. Sauté garlic, onion, and bell pepper in olive oil. Add chopped tomatoes, zucchini flesh, quinoa (or rice), Italian seasoning, paprika, salt, and pepper. Cook for 3-4 minutes.
3. Stuff the zucchini with the filling and top with Parmesan or vegan cheese.
4. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
5. Brush zucchini with olive oil and air fry for 12-15 minutes until tender.
6. Garnish with parsley or basil.

# ROASTED CARROTS WITH TAHINI SAUCE

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

### For the Roasted Carrots:

- 1 lb (450g) of baby carrots or peeled carrots, cut into sticks
- 1 tbsp olive oil
- 1/2 tsp ground cumin (optional)
- 1/2 tsp smoked paprika (optional)
- Salt and pepper to taste

### For the Tahini Sauce:

- 1/4 cup tahini (sesame paste)
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 1 tbsp olive oil
- 2-3 tbsp water (adjust for desired consistency)
- Salt and pepper to taste

## DIRECTIONS

1. Toss carrots with olive oil, cumin, smoked paprika (optional), salt, and pepper until coated.
2. Preheat the air fryer to 375°F (190°C) for 3 minutes. Place carrots in a single layer and cook for 12–15 minutes, shaking halfway, until tender and crispy.
3. Whisk tahini, lemon juice, garlic, olive oil, and water in a bowl. Season with salt and pepper, adding more water to achieve a smooth consistency.
4. Transfer carrots to a serving dish, drizzle with tahini sauce, and garnish with parsley, sesame seeds, and red pepper flakes (optional).

# VEGAN EGGPLANT PARMESAN

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

### For the Eggplant:

- 1 large eggplant, sliced into 1/4-inch rounds
- 1/2 cup almond milk (or any plant-based milk)
- 1/2 cup all-purpose flour (or gluten-free flour)
- 1 cup panko breadcrumbs (or gluten-free breadcrumbs)
- 1/4 cup nutritional yeast
- 1/2 tsp garlic powder, 1/2 tsp onion powder
- 1/2 tsp dried oregano, 1/2 tsp dried basil
- Salt, pepper, cooking spray

### For the Topping:

- 1 1/2 cups marinara sauce (store-bought or homemade)
- 1/2 cup vegan mozzarella (or your favorite vegan cheese)

## DIRECTIONS

1. Slice eggplant into 1/4-inch rounds, sprinkle with salt and let sit for 10 minutes. Pat dry.
2. Add almond milk to one bowl. In another, mix flour, nutritional yeast, garlic powder, onion powder, oregano, basil, salt, and pepper. In a third bowl, add panko breadcrumbs.
3. Dip each slice in the flour mixture, then almond milk, and press into the breadcrumbs until fully coated.
4. Preheat the air fryer to 375°F (190°C) for 3 minutes. Spray the basket with cooking spray. Air fry slices for 8-10 minutes, flipping halfway, until golden and crispy.
5. Top each slice with marinara and vegan mozzarella. Return to the air fryer for 3-4 minutes until the cheese melts.
6. Transfer to a serving dish and garnish with basil, vegan Parmesan, or red pepper flakes.

## AIR FRYER VEGGIE STIR-FRY

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- 1 medium zucchini, sliced into rounds or half-moons
- 1 medium carrot, peeled and sliced
- 1 cup broccoli florets, 1 cup snap peas
- 1 small red onion, sliced
- 2 tbsp olive oil (or any vegetable oil)
- 2 tbsp low-sodium soy sauce (or tamari for gluten-free)
- 1 tbsp rice vinegar, 1 tsp garlic powder
- 1/2 tsp ground ginger (or 1 tsp freshly grated ginger)
- 1/2 tsp red pepper flakes (optional, for heat)
- 1 tsp sesame seeds (optional, for garnish)
- 1 tbsp green onions, chopped (optional)
- Salt and pepper, to taste

### DIRECTIONS

1. Wash and slice vegetables into even, bite-sized pieces. Pat dry.
2. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
3. In a bowl, toss sliced vegetables with olive oil, soy sauce, rice vinegar, garlic powder, ground ginger, red pepper flakes (optional), salt, and pepper.
4. Place seasoned vegetables in a single layer in the air fryer basket. Air fry for 10–12 minutes, shaking halfway, until tender and slightly crisp.
5. Transfer to a serving dish and garnish with sesame seeds and chopped green onions (optional).

## AIR FRYER ROASTED PORTOBELLO MUSHROOMS

PREP: 5 MIN

COOK: 10-12 MIN

SERVES: 4

### INGREDIENTS

- 2 large Portobello mushrooms
- 2 tbsp olive oil (or avocado oil)
- 1 tbsp balsamic vinegar
- 2 cloves garlic, minced
- 1/2 tsp dried thyme (or 1 tsp fresh thyme)
- 1/2 tsp dried rosemary (or 1 tsp fresh rosemary)
- Salt and pepper, to taste
- 1 tsp soy sauce (optional for umami flavor)
- 1 tbsp fresh parsley, chopped (optional garnish)

### DIRECTIONS

1. Wipe Portobello mushrooms with a damp cloth, remove stems, and scrape out the gills if desired. Pat dry.
2. Whisk olive oil, balsamic vinegar, minced garlic, thyme, rosemary, soy sauce (optional), salt, and pepper in a small bowl.
3. Brush marinade on both sides of the mushrooms and let sit for 5 minutes.
4. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
5. Place the mushrooms cap-side down in the air fryer. Air fry for 10-12 minutes, flipping halfway, until tender and slightly crispy.
6. Remove from air fryer, cool slightly, and garnish with chopped parsley if desired.

# VEGAN AIR-FRIED TAQUITOS

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 8 small corn tortillas
- 1 cup black beans, cooked or canned (drained and rinsed)
- 1/2 cup sweet corn (fresh, frozen, or canned)
- 1/2 cup vegan shredded cheese (optional)
- 1/4 cup red onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp cumin powder
- 1 tsp chili powder, 1 tbsp lime juice
- 1/4 tsp salt, or to taste
- 1/4 tsp black pepper, or to taste
- 1 tbsp olive oil (for brushing the taquitos)
- 1/2 cup salsa, for serving
- 1/4 cup guacamole (optional for serving)
- Chopped cilantro (for garnish)

## DIRECTIONS

1. In a bowl, mash black beans slightly. Mix in sweet corn, red onion, minced garlic, cumin, chili powder, lime juice, salt, and pepper. Stir in vegan shredded cheese if using.
2. Warm corn tortillas in the microwave for 10-15 seconds or in a dry skillet.
3. Spoon 1-2 tablespoons of filling onto each tortilla, roll tightly, and place seam-side down.
4. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
5. Brush taquitos with olive oil and place them in a single layer in the air fryer. Air fry for 8-10 minutes, flipping halfway, until crispy and golden.
6. Remove from the air fryer and serve with salsa and guacamole, garnishing with chopped cilantro if desired

# STUFFED ACORN SQUASH

PREP: 15 MIN

COOK: 25-30 MIN

SERVES: 4

## INGREDIENTS

- 2 medium acorn squashes, halved and seeds removed
- 1 tbsp olive oil for brushing
- 1/2 cup quinoa, rinsed and cooked (can substitute with brown rice or farro)
- 1/2 cup chickpeas, cooked or canned (rinsed and drained)
- 1/4 cup dried cranberries
- 1/4 cup pecans, chopped
- 1/4 cup red onion, finely chopped
- 1 clove garlic, minced
- 1/2 tsp ground cinnamon
- 1/2 tsp cumin
- 1/4 tsp smoked paprika
- Salt and pepper, to taste
- 1 tbsp fresh parsley, chopped
- 1 tbsp maple syrup (optional)

## DIRECTIONS

1. Preheat the air fryer to 375°F (190°C). Cut the acorn squashes in half, scoop out the seeds, and brush the cut sides with olive oil—season with salt and pepper.
2. Place squash halves cut-side up in the air fryer and cook for 15-20 minutes until tender.
3. Heat olive oil in a pan and sauté red onion and garlic for 2-3 minutes. Add cooked quinoa, chickpeas, dried cranberries, pecans, cinnamon, cumin, smoked paprika, salt, and pepper. Cook for 3-4 minutes until heated through.
4. Fill each squash half with the quinoa mixture, packing gently.
5. Return stuffed squash to the air fryer and cook for 5-7 minutes to crisp the tops.
6. Remove, drizzle with maple syrup if desired, and garnish with chopped parsley.

# CRISPY AIR-FRIED KALE CHIPS

PREP: 5 MIN

COOK: 6-8 MIN

SERVES: 4

## INGREDIENTS

- 1 large bunch of kale (about 6–8 cups, washed and dried thoroughly)
- 1-2 tbsp olive oil
- 1/2 tsp sea salt (adjust to taste)
- 1/4 tsp garlic powder (optional)
- 1/4 tsp smoked paprika (optional)
- 1/4 tsp nutritional yeast (optional, for a cheesy flavor)

## DIRECTIONS

1. Remove stems and tear the kale leaves into 2-inch pieces. Wash and thoroughly dry.
2. Toss kale with olive oil until coated. Sprinkle with sea salt and any desired seasonings, then toss again.
3. Preheat the air fryer to 350°F (175°C) for 3 minutes.
4. Arrange kale in a single layer in the air fryer basket. Air fry at 350°F (175°C) for 6–8 minutes, shaking halfway through. Watch closely to prevent burning.
5. Remove when crispy and lightly browned. Let cool for a minute; chips will crisp up further as they cool.

# AIR-FRIED VEGAN MEATBALLS

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup mushrooms, finely chopped
- 1/2 cup walnuts, finely chopped
- 1/2 cup rolled oats
- 1/4 cup breadcrumbs
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 2 tbsp soy sauce or tamari
- 1 tbsp tomato paste
- 1 tsp Italian seasoning
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- Olive oil cooking spray

## DIRECTIONS

1. Set the air fryer to 375°F (190°C) and preheat for 5 minutes.
2. In a food processor, pulse chickpeas, mushrooms, walnuts, oats, breadcrumbs, garlic, onion, soy sauce, tomato paste, Italian seasoning, smoked paprika, salt, and pepper until combined but slightly chunky. The mixture should hold together.
3. Shape the mixture into 1-inch balls.
4. Lightly spray the air fryer basket with olive oil. Place meatballs in a single layer and spray tops with olive oil. Air fry at 375°F (190°C) for 12–15 minutes, shaking halfway through, until golden and firm.
5. Remove from air fryer and serve immediately with marinara sauce and garnish with parsley or basil if desired.

# SPICY SWEET POTATO FRIES

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- 2 large sweet potatoes 16–20
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (optional, for extra heat)

## DIRECTIONS

1. Preheat the Air Fryer to 400°F (200°C) and preheat for 5 minutes.
2. Wash, peel, and cut sweet potatoes into 1/4-inch thick fries.
3. Toss sweet potato fries with olive oil in a large bowl. Mix garlic powder, smoked paprika, cumin, chili powder, salt, black pepper, and cayenne (if using). Sprinkle the spice mixture over the fries and toss to coat.
4. Place seasoned fries in a single layer in the air fryer basket (cook in batches if needed). Air fry at 400°F (200°C) for 16–20 minutes, shaking halfway through, until crispy and golden.
5. Remove fries and serve immediately, garnished with parsley or cilantro, lime wedges, and your favorite dipping sauce.

# AIR FRYER TEMPEH SKEWERS RECIPE

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- Tempeh: 1 block (about 8 ounces), cut into 1-inch cubes
- Soy sauce or tamari: 2 tbsp
- Olive oil: 1 tbsp
- Maple syrup: 1 tbsp
- Garlic powder: 1 tsp
- Smoked paprika: 1 tsp
- Ground cumin: 1/2 tsp
- Salt: 1/2 tsp
- Black pepper: 1/4 tsp
- Bell peppers: 2, cut into 1-inch pieces (optional)
- Red onion: 1, cut into 1-inch pieces (optional)
- Cherry tomatoes: 12 (optional)
- Wooden or metal skewers

## DIRECTIONS

1. Mix soy sauce, olive oil, maple syrup, garlic powder, smoked paprika, cumin, salt, and pepper in a large bowl. Add tempeh cubes and toss to coat. Marinate for at least 10 minutes.
2. Soak wooden skewers in water for 10 minutes (if using). Thread marinated tempeh onto the skewers, alternating with bell pepper, red onion, and cherry tomatoes (if desired).
3. Preheat the air fryer to 375°F (190°C) for 3 minutes.
4. Place skewers in the air fryer basket in a single layer. Air fry at 375°F (190°C) for 12–15 minutes, turning halfway until golden brown and crispy tempeh.
5. Remove skewers and let cool slightly. Garnish with fresh herbs and a squeeze of lemon juice if desired.

## CHAPTER 6

# Side Dishes and Salads

# GARLIC PARMESAN FRIES

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- Russet potatoes: 2 large, cut into 1/4-inch thick fries
- Olive oil: 1 tbsp
- Garlic powder: 1 tsp
- Paprika: 1/2 tsp
- Salt: 1/2 tsp
- Black pepper: 1/4 tsp
- Grated Parmesan cheese: 1/4 cup
- Fresh parsley: 1 tbsp, chopped (optional)

## DIRECTIONS

1. Wash, peel, and cut potatoes into 1/4-inch-thick fries. Soak in cold water for at least 30 minutes, then drain and pat dry.
2. Toss fries in a bowl with olive oil, garlic powder, paprika, salt, and black pepper until evenly coated.
3. Preheat the Air Fryer to 375°F (190°C) for about 3 minutes.
4. Place fries in a single layer in the air fryer basket. Cook at 375°F (190°C) for 15-20 minutes, shaking halfway through, until golden brown and crispy.
5. Transfer fries to a bowl, toss with grated Parmesan while hot, and garnish with fresh parsley if desired.

# CRISPY BRUSSELS SPROUTS WITH BALSAMIC GLAZE

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- Brussels sprouts 1 pound, trimmed and halved.
- Olive oil: 1 tbsp
- Balsamic vinegar: 2 tbsp
- Honey: 1 tbsp
- Garlic powder: 1 tsp
- Salt: 1/2 tsp
- Black pepper: 1/4 tsp
- Grated Parmesan cheese: 1/4 cup (optional)
- Fresh parsley: 1 tbsp, chopped (optional)

## DIRECTIONS

1. Trim ends, remove outer leaves, and cut Brussels sprouts in half.
2. Toss sprouts in a bowl with olive oil, garlic powder, salt, and black pepper until evenly coated.
3. Preheat the Air Fryer to 375°F (190°C) for about 3 minutes.
4. Place Brussels sprouts in the air fryer basket in a single layer. Air fry at 375°F (190°C) for 12-15 minutes, shaking halfway through, until crispy and golden brown.
5. Whisk together balsamic vinegar and honey in a small bowl.
6. Transfer cooked sprouts to a bowl, toss with the glaze, and optionally sprinkle with grated Parmesan and fresh parsley.

# AIR-FRIED ASPARAGUS WITH LEMON ZEST

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- Asparagus: 1 pound, trimmed.
- Olive oil: 1 tbsp
- Garlic powder: 1 tsp
- Salt: 1/2 tsp
- Black pepper: 1/4 tsp
- Lemon zest: 1 tsp
- Lemon juice: 1 tbsp
- Grated Parmesan cheese: 1/4 cup (optional)
- Fresh parsley: 1 tbsp, chopped (optional)

## DIRECTIONS

1. Wash and trim the tough ends of the asparagus.
2. Toss asparagus in a bowl with olive oil, garlic powder, salt, black pepper, and lemon zest until evenly coated.
3. Preheat the Air Fryer to 400°F (200°C) for about 3 minutes.
4. Place asparagus in the air fryer basket in a single layer. Air fry at 400°F (200°C) for 8-10 minutes, shaking halfway through, until tender and slightly crispy.
5. Transfer to a serving dish, drizzle with lemon juice, and sprinkle with grated Parmesan and fresh parsley.

# SWEET POTATO WEDGES WITH GARLIC AIOLI

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

### For the Sweet Potato Wedges:

- Sweet potatoes: 2 large, cut into wedges
- Olive oil: 1 tbsp
- Garlic powder: 1 tsp
- Paprika: 1/2 tsp
- Salt: 1/2 tsp
- Black pepper: 1/4 tsp
- Fresh rosemary: 1 tsp, chopped

### For the Garlic Aioli:

- Mayonnaise: 1/2 cup
- Garlic: 2 cloves, minced
- Lemon juice: 1 tbsp
- Salt: 1/4 tsp
- Black pepper: 1/8 tsp

## DIRECTIONS

1. Wash, peel, and cut sweet potatoes into wedges. Toss in a bowl with olive oil, garlic powder, paprika, salt, black pepper, and rosemary (if using).
2. Preheat the Air Fryer to 400°F (200°C) for about 3 minutes.
3. Place wedges in the air fryer basket in a single layer. Air fry at 400°F (200°C) for 15-20 minutes, shaking halfway through, until golden brown and crispy.
4. In a small bowl, mix mayonnaise, minced garlic, lemon juice, salt, and black pepper until combined.
5. Enjoy the sweet potato wedges hot with garlic aioli on the side for dipping.

# ROASTED CARROTS WITH HONEY GLAZE

PREP: 5 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450 g) carrots, peeled and cut into 2-inch pieces
- 2 tbsp olive oil
- 2 tbsp honey
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp ground cinnamon (optional)
- Fresh dill or parsley for garnish (optional)

## DIRECTIONS

1. Peel and cut carrots into 2-inch pieces, halving or quartering thick ones for even cooking.
2. In a large bowl, combine olive oil, honey, salt, black pepper, and ground cinnamon (if using). Toss in the carrots until evenly coated.
3. Preheat the air fryer to 360°F (180°C). Place carrots in a single layer in the basket and cook for 15 minutes, shaking halfway through.
4. Once tender and caramelized, remove from the air fryer and garnish with fresh dill or parsley if desired.

# CRISPY AIR FRYER BROCCOLI

PREP: 5 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450 g) broccoli florets
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp lemon juice (optional)
- 2 tbsp grated Parmesan cheese (optional)
- Red pepper flakes for garnish (optional)

## DIRECTIONS

1. Wash and cut broccoli into bite-sized florets. Pat dry with a paper towel.
2. In a large bowl, combine olive oil, garlic powder, salt, and black pepper. Toss in the broccoli florets until evenly coated. Add lemon juice and Parmesan cheese if using.
3. Preheat air fryer to 400°F (200°C). Place broccoli in a single layer in the basket and cook for 10 minutes, shaking halfway through.
4. Remove when crispy and slightly browned. Garnish with red pepper flakes if desired.

## AIR-FRIED CORN ON THE COB

PREP: 5 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

- 4 ears of corn, husked
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder (optional)
- 1/2 tsp smoked paprika (optional)
- 2 tbsp grated Parmesan cheese (optional)
- Fresh parsley or cilantro for garnish (optional)

### DIRECTIONS

1. Husk the corn and remove the silk. Cut ears in half if needed.
2. In a small bowl, combine olive oil, salt, black pepper, garlic powder, and smoked paprika. Brush the mixture over the corn.
3. Preheat the air fryer to 370°F (190°C). Place corn in a single layer in the basket. Cook for 12 minutes, turning halfway through.
4. Remove when tender and slightly charred. Sprinkle with grated Parmesan and garnish with fresh parsley or cilantro if desired.

## AIR FRYER ROASTED POTATOES

PREP: 5 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

- 1 lb (450 g) baby potatoes, halved or quartered if large
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried rosemary or thyme
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp grated Parmesan cheese (optional)
- Fresh parsley for garnish (optional)

### DIRECTIONS

1. Wash and dry baby potatoes. Cut in half or quarters for even cooking.
2. In a bowl, combine olive oil, garlic powder, dried rosemary or thyme, salt, and black pepper. Toss in the potatoes until coated.
3. Preheat air fryer to 400°F (200°C). Place potatoes in a single layer and cook for 15 minutes, shaking halfway through.
4. Remove when crispy and golden brown. Sprinkle with grated Parmesan and garnish with fresh parsley if desired.

# CHEESY AIR-FRIED CAULIFLOWER

PREP: 5 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 medium head of cauliflower, cut into florets
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp smoked paprika (optional)
- 1/2 cup grated Parmesan cheese
- 1/2 cup shredded cheddar cheese
- Fresh parsley or chives for garnish (optional)

## DIRECTIONS

1. Wash and cut cauliflower into bite-sized florets. Pat dry.
2. In a bowl, combine olive oil, garlic powder, salt, black pepper, and smoked paprika. Toss cauliflower florets until coated.
3. Preheat the air fryer to 390°F (200°C). Place florets in a single layer and cook for 12 minutes, shaking halfway through.
4. After 12 minutes, sprinkle with Parmesan and cheddar cheese. Cook for an additional 2-3 minutes until cheese is melted.
5. Remove from air fryer and garnish with fresh parsley or chives if desired.

# AIR-FRIED EGGPLANT WITH MARINARA

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- 1 large eggplant, sliced into 1/4-inch rounds
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1 cup panko breadcrumbs
- 2 large eggs, beaten
- 1/2 cup all-purpose flour
- 1 tsp Italian seasoning
- Olive oil spray
- Salt and pepper to taste

## DIRECTIONS

1. Slice eggplant into 1/4-inch rounds. Sprinkle with salt, let set for 15 minutes, then pat dry.
2. Separately, combine flour, beaten eggs, and a mix of panko, Parmesan, Italian seasoning, salt, and pepper.
3. Coat each slice in flour, dip in eggs, then cover with the breadcrumb mixture.
4. Preheat to 375°F (190°C). Spray the basket with olive oil. Air-fry the slices for 8 minutes, flip, spray again, and cook for 6-7 more minutes.
5. Top each slice with marinara and mozzarella. Air fry for 3-4 minutes until cheese melts.
6. Garnish with basil and red pepper flakes. Serve hot.

## AIR-FRIED ROASTED GREEN BEANS WITH ALMONDS

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

- 1 pound fresh green beans, trimmed
- 2 tbsp olive oil
- 1/2 cup sliced almonds
- 2 cloves garlic, minced
- 1 tsp lemon zest
- Salt and pepper to taste

### DIRECTIONS

1. Trim and rinse green beans. Pat dry.
2. Toss beans with olive oil, minced garlic, lemon zest, salt, and pepper.
3. Preheat to 375°F (190°C). Air fry beans for 10 minutes, shaking halfway.
4. Add sliced almonds and air fry for 5 more minutes until beans are tender and almonds are toasted.
5. Garnish with parsley, lemon juice, and red pepper flakes. Serve hot.

## AIR-FRIED STUFFED MUSHROOMS

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

- 16 large white or cremini mushrooms, stems removed
- 1/2 cup cream cheese, softened
- 1/4 cup grated Parmesan cheese
- 1/4 cup shredded mozzarella cheese
- 2 cloves garlic, minced
- 1/4 cup finely chopped fresh parsley
- 1/4 tsp salt
- 1/4 tsp black pepper
- Olive oil spray

### DIRECTIONS

1. Clean mushrooms, remove stems, and chop stems finely.
2. Mix cream cheese, Parmesan, mozzarella, garlic, chopped stems, parsley, salt, and pepper.
3. Fill each mushroom cap with the cheese mixture.
4. Preheat to 360°F (182°C). Spray the basket with olive oil. Air fry mushrooms for 10-12 minutes until tender and golden.
5. Garnish with red pepper flakes, chives, or lemon zest. Serve warm.

# AIR-FRIED ZUCCHINI FRIES WITH PARMESAN

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

## INGREDIENTS

- 2 medium zucchinis, cut into 1/4-inch sticks
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 1 cup panko breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Salt and pepper to taste
- Olive oil spray

## DIRECTIONS

1. Cut zucchini into 1/4-inch sticks and pat dry.
2. Separately, combine flour, beaten eggs, panko, Parmesan, garlic powder, Italian seasoning, salt, and pepper.
3. Coat each stick in flour, dip in eggs, then cover with breadcrumb mixture.
4. Preheat to 400°F (200°C). Spray the basket with olive oil. Air fry for 10-12 minutes, shaking halfway, until crispy and golden.
5. Garnish with parsley, lemon zest, or red pepper flakes. Serve hot with dipping sauce.

# AIR-FRIED CABBAGE STEAKS

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 medium head of green cabbage, cut into 1-inch thick slices
  - 2 tbsp olive oil
  - 1 tsp garlic powder
  - 1 tsp smoked paprika
  - Salt and pepper to taste
- Optional Ingredients:**
- Red pepper flakes for a bit of heat.
  - Fresh parsley, chopped, for garnish
  - Lemon zest for a fresh twist

## DIRECTIONS

1. Remove loose leaves and cut cabbage into 1-inch slices, keeping the core intact.
2. Mix olive oil, garlic powder, smoked paprika, salt, and pepper. Brush the mixture on both sides of each slice.
3. Preheat the air fryer to 375°F (190°C). Place the cabbage slices in a single layer and cook for 10 minutes, then flip and cook for 5 more minutes until crispy and tender.
4. Transfer to a platter, garnish with red pepper flakes, parsley, or lemon zest. Serve warm.

# ROASTED ROOT VEGETABLE MEDLEY

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- 2 medium carrots, peeled and chopped into 1-inch pieces
- 2 medium parsnips, peeled and chopped into 1-inch pieces
- 1 medium sweet potato, peeled and cubed into 1-inch pieces
- 1 medium beet, peeled and cubed into 1-inch pieces
- 1 small red onion, cut into wedges
- 2 tbsp olive oil
- 1 tsp dried rosemary or 1 tablespoon fresh, chopped
- 1 tsp dried thyme or 1 tablespoon fresh, chopped
- 1 tsp garlic powder
- Salt and pepper, to taste

## DIRECTIONS

1. Preheat the Air Fryer to 400°F (200°C) and preheat for 3 minutes.
2. Mix carrots, parsnips, sweet potato, beet, and red onion in a bowl.
3. Drizzle with olive oil, add rosemary, thyme, garlic powder, salt, and pepper. Toss to coat.
4. Cook vegetables in a single layer at 400°F (200°C) for 18-20 minutes, shaking halfway through.
5. Transfer to a dish and sprinkle with smoked paprika or chili flakes if desired.

# CRISPY AIR FRYER TATER TOTS

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 2 large russet potatoes, peeled and grated
- 1 small onion, finely chopped
- 1/4 cup all-purpose flour (or gluten-free flour)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp olive oil
- Optional: 1/2 teaspoon smoked paprika or chili flakes for extra flavor

## DIRECTIONS

1. Preheat Air Fryer to 400°F (200°C) for 3 minutes.
2. Squeeze out moisture from grated potatoes using a kitchen towel.
3. Combine grated potatoes, onion, flour, garlic powder, onion powder, salt, and pepper in a bowl.
4. Form into 20-24 small cylinders.
5. Lightly brush or spray with olive oil.
6. Cook at 400°F (200°C) for 12-15 minutes, shaking halfway.
7. Transfer to a dish and sprinkle with smoked paprika or chili flakes if desired.

## GARLIC BUTTER AIR-FRIED MUSHROOMS

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

- 1 pound mushrooms (white, button, baby Bellas, or crimini), halved if large
- 1 tbsp olive oil
- 2 tsp soy sauce
- 1 tsp garlic butter, melted
- 1 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper to taste
- Optional: 1/2 tsp smoked paprika or chili flakes for extra flavor
- Optional garnish: 1 tbsp chopped fresh parsley

### DIRECTIONS

1. Preheat Air Fryer to 400°F (200°C) for 3 minutes.
2. Wipe mushrooms with a damp paper towel.
3. Toss mushrooms in a bowl with olive oil, soy sauce, garlic powder, onion powder, salt, and pepper.
4. Cook in a single layer at 400°F (200°C) for 6-8 minutes, shaking halfway.
5. Toss cooked mushrooms with melted garlic butter.
6. Transfer to a dish and sprinkle with smoked paprika, chili flakes, and chopped parsley.

## AIR-FRIED SPINACH AND FETA SALAD

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

- 8 cups fresh spinach leaves
- 1 cup cherry tomatoes, halved
- 1/2 cup red onion, thinly sliced
- 1/2 cup crumbled feta cheese
- 1/4 cup sliced black olives
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano
- Salt and pepper to taste
- Optional: 1/2 teaspoon garlic powder or smoked paprika for extra flavor

### DIRECTIONS

1. Preheat Air Fryer to 350°F (175°C) for 3 minutes.
2. Place fresh spinach in the air fryer basket (in batches if needed).
3. Cook at 350°F (175°C) for 3-4 minutes, shaking halfway until wilted.
4. Mix air-fried spinach, cherry tomatoes, red onion, feta cheese, and black olives in a bowl.
5. Whisk olive oil, lemon juice, dried oregano, salt, and pepper (add garlic powder or smoked paprika if desired).
6. Drizzle dressing over salad and toss gently.
7. Transfer to a dish and optionally garnish with extra feta or fresh herbs.

# SWEET CHILI ROASTED BRUSSELS SPROUTS

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 tbsp olive oil
- 2 tbsp sweet chili sauce
- 1 tsp soy sauce
- 1 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper to taste
- Optional: 1/2 tsp smoked paprika or chili flakes for extra flavor

## DIRECTIONS

1. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
2. Toss Brussels sprouts in a bowl with olive oil, garlic powder, onion powder, salt, and pepper.
3. Cook in a single layer at 375°F (190°C) for 12-15 minutes, shaking halfway through.
4. Toss cooked Brussels sprouts with sweet chili sauce and soy sauce.
5. Transfer to a dish and optionally sprinkle with smoked paprika or chili flakes.

# MAPLE-GLAZED SWEET POTATOES

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- 2 large sweet potatoes (about 1 kg), peeled and diced into 1-inch cubes
- 2 tbsp olive oil
- 3 tbsp maple syrup
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg (optional)
- 1/2 tsp salt
- 1/4 tsp black pepper
- Optional: 1/4 cup chopped pecans or walnuts for garnish

## DIRECTIONS

1. Peel and dice sweet potatoes into 1-inch cubes. Mix olive oil, maple syrup, cinnamon, nutmeg (if using), salt, and pepper in a bowl. Toss in the diced sweet potatoes to coat.
2. Preheat Air Fryer to 400°F (200°C) for 5 minutes.
3. Place sweet potatoes in a single layer in the air fryer and cook at 400°F (200°C) for 15-20 minutes, shaking halfway through.
4. Transfer to a dish and optionally sprinkle with chopped pecans or walnuts.

## CHAPTER 7

# Healthy Desserts

# CINNAMON AIR FRYER DONUTS

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 1 can of refrigerated biscuit dough (8 biscuits)
- 1/4 cup granulated sugar
- 1 tsp ground cinnamon
- 2 tbsp melted butter
- Optional: 1/4 tsp ground nutmeg for extra flavor

## DIRECTIONS

1. Separate the biscuit dough and cut out centers for donut shapes. Preheat air fryer to 350°F (175°C) for 3-5 minutes.
2. Lightly grease the basket, place the donuts in a single layer, and air fry for 4-6 minutes, flipping halfway.
3. Mix sugar and cinnamon. After cooking, brush the donuts with butter and coat them with cinnamon sugar. Serve warm, and coat donut holes the same way.

# AIR-FRIED APPLE CHIPS

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 2 large apples (Honeycrisp, Gala, or Fuji work well)
- 1 tsp ground cinnamon
- Optional: 1/4 tsp ground nutmeg for extra flavor

## DIRECTIONS

1. Wash and dry apples, then slice into 1/8-inch thick rounds, removing seeds.
2. Preheat to 300°F (150°C) for 3-5 minutes.
3. Place apple slices in a single layer in the air fryer basket. Sprinkle with cinnamon. Air fry at 300°F for 15 minutes, flipping every 5 minutes.
4. Once crisp and golden, let the apple chips cool and serve or store in an airtight container for up to a week.

# CHOCOLATE BANANA AIR FRYER BREAD

PREP: 10 MIN

COOK: 40 MIN

SERVES: 8 SLICES

## INGREDIENTS

- 2 ripe bananas, mashed
- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 1/4 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 cup melted butter or coconut oil
- 1 large egg
- 1 tsp vanilla extract
- 1/4 cup milk (dairy or non-dairy)
- 1/2 cup chocolate chips (optional)

## DIRECTIONS

1. Mash bananas in a large bowl. Mix well with melted butter (or coconut oil), egg, vanilla, and milk. Combine flour, sugar, cocoa, baking powder, baking soda, and salt in another bowl. Gradually mix dry ingredients into the wet. Fold in chocolate chips if desired.
2. Preheat to 320°F (160°C) for 3-5 minutes.
3. Grease a small loaf pan and pour in the batter. Air fry at 320°F for 35-40 minutes, checking at 30 minutes.
4. Let cool for 10 minutes, then slice and serve.

# CINNAMON SUGAR CHURROS

PREP: 15 MIN

COOK: 10 MIN

SERVES: 12 CHURROS

## INGREDIENTS

- 1 cup water
- 2 tbsp unsalted butter
- 1 tbsp granulated sugar
- 1/4 tsp salt
- 1 cup all-purpose flour
- 1 large egg
- 1 tsp vanilla extract
- 1/2 cup granulated sugar
- 1 tsp ground cinnamon
- Optional: 1/4 tsp ground nutmeg for extra flavor
- Cooking spray or a small amount of oil for greasing

## DIRECTIONS

1. In a saucepan, boil water, butter, 1 tablespoon sugar, and salt. Reduce heat, add flour, and stir until it forms a ball. Cool for 5 minutes, then mix in egg and vanilla until smooth.
2. Preheat to 375°F (190°C) for 3-5 minutes.
3. Pipe 4-inch strips of dough onto parchment. Grease the air fryer basket, place churros in a single layer, and air fry at 375°F for 10 minutes, flipping halfway.
4. Mix sugar and cinnamon in a bowl. Roll churros in the mixture while warm.
5. Serve warm with optional dipping sauces.

## AIR-FRIED FRUIT SKEWERS

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

- 1 apple, cored and cut into chunks
- 1 banana, sliced into thick rounds
- 1 cup pineapple chunks (fresh or canned, drained)
- 1 cup strawberries, hulled
- 1 tbsp honey (optional)
- 1 tsp cinnamon (optional)
- 1 tsp lemon juice (optional to prevent browning)
- Skewers (wooden or metal)

### DIRECTIONS

1. Soak wooden skewers for 10 minutes if using. Preheat the air fryer to 350°F (175°C).
2. Thread fruit chunks onto skewers. Optionally, drizzle with honey and sprinkle with cinnamon.
3. Place skewers in a single layer on the air fryer and cook for 8-10 minutes, turning halfway, until caramelized.
4. Let skewers cool slightly. Optionally, drizzle with more honey or lemon juice before serving.

## CRISPY AIR-FRIED PEACHES

PREP: 5 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

- 4 ripe peaches, halved and pitted
- 2 tbsp brown sugar
- 1 tsp ground cinnamon
- 1 tbsp melted butter (or coconut oil for a dairy-free option)
- Cooking spray (neutral oil like avocado or canola)

### DIRECTIONS

1. Preheat the air fryer to 350°F (175°C).
2. Mix brown sugar and cinnamon in a small bowl. Brush peach halves with melted butter or coconut oil, then sprinkle with the sugar mixture.
3. Lightly spray the air fryer basket, place peaches cut side up, and air fry for 8-10 minutes until tender and caramelized.
4. Cool slightly, and optionally drizzle with honey or maple syrup, and garnish with mint or yogurt.

## AIR-FRIED FRUIT SKEWERS

PREP: 10 MIN

COOK: 8-10 MIN

SERVES: 12 COOKIES

### INGREDIENTS

- 1/2 cup unsalted butter, softened
- 1/4 cup granulated sugar
- 1/2 cup brown sugar, packed
- 1 large egg
- 1 tsp vanilla extract
- 1 1/4 cups all-purpose flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 cup chocolate chips (semi-sweet or milk chocolate)
- Cooking spray (neutral oil like avocado or canola)

### DIRECTIONS

1. Preheat the air fryer to 300°F (150°C).
2. In a bowl, cream butter, granulated sugar, and brown sugar. Beat in the egg and vanilla. In another bowl, whisk flour, baking soda, and salt. Gradually mix the dry and wet ingredients, then fold the chocolate chips.
3. Line the air fryer basket with parchment or spray with cooking spray. Scoop tablespoon-sized dough balls, leaving space between each.
4. Air fry at 300°F for 8-10 minutes, until edges are golden. Let cool before transferring to a wire rack.

## AIR FRYER PINEAPPLE RINGS WITH COCONUT

PREP: 10 MIN

COOK: 10-12 MIN

SERVES: 4

### INGREDIENTS

- 1 fresh pineapple, peeled, cored, and cut into rings
- 1/4 cup shredded coconut (unsweetened)
- 2 tbsp brown sugar
- 1 tsp ground cinnamon
- 1 tbsp melted coconut oil (or any neutral oil)
- Cooking spray (neutral oil like avocado or canola)

### DIRECTIONS

1. Preheat the air fryer to 350°F (175°C).
2. Mix shredded coconut, brown sugar, and cinnamon in a bowl.
3. Brush pineapple rings with melted coconut oil, then coat with the coconut mixture.
4. Spray the air fryer basket, place rings in a single layer, and air fry for 10-12 minutes at 350°F, flipping halfway through until golden brown.
5. Let cool slightly before serving, and optionally drizzle with honey or lime juice.

# AIR-FRIED BROWNIE BITES

PREP: 10 MIN

COOK: 8-10 MIN

SERVES: 12 BROWNIE BITES

## INGREDIENTS

- 1/2 cup unsalted butter, melted
- 1/2 cup granulated sugar
- 1/2 cup brown sugar, packed
- 2 large eggs
- 1 tsp vanilla extract
- 1/3 cup cocoa powder
- 1/2 cup all-purpose flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 cup chocolate chips (optional)
- Cooking spray (neutral oil like avocado or canola)

## DIRECTIONS

1. Preheat the air fryer to 320°F (160°C).
2. In a large bowl, whisk melted butter, granulated sugar, and brown sugar until smooth. Beat in eggs and vanilla.
3. Sift cocoa powder, flour, salt, and baking powder into another bowl. Gradually combine dry ingredients with wet. Fold in chocolate chips, if desired.
4. Lightly spray the air fryer basket or molds. Scoop tablespoon-sized portions of batter into the molds or basket.
5. Air fry at 320°F for 8-10 minutes until a toothpick comes out clean. Cool before serving.

# CRISPY CINNAMON SUGAR TORTILLA CHIPS

PREP: 10 MIN

COOK: 6-8 MIN

SERVES: 4

## INGREDIENTS

- 4 flour tortillas (8-inch size)
- 2 tbsp granulated sugar
- 1 tsp ground cinnamon
- 2 tbsp unsalted butter, melted (or use a cooking spray for a lighter option)
- Optional: Brown sugar, ground nutmeg, pumpkin pie spice, or agave nectar for additional flavor

## DIRECTIONS

1. In a small bowl, combine granulated sugar, and ground cinnamon. Set aside.
2. Brush one side of each tortilla with melted butter or cooking spray.
3. Evenly sprinkle the cinnamon sugar over the buttered side of each tortilla.
4. Cut each tortilla into 8 wedges using a pizza cutter or sharp knife.
5. Place the tortilla wedges in a single layer in the air fryer basket, cooking in batches if necessary.
6. Cook at 350°F (175°C) for 6-8 minutes, shaking the basket halfway through for even cooking.
7. Let the chips cool on a wire rack to maintain crispiness.

# AIR FRYER CHOCOLATE MOLTEN CAKE

PREP: 10 MIN

COOK: 8-10 MIN

SERVES: 2

## INGREDIENTS

- 2 ounces semi-sweet chocolate chips or chopped chocolate
- 2 tbsp unsalted butter
- 1 large egg
- 1 egg yolk
- 3 tbsp granulated sugar
- 1/2 tsp vanilla extract
- 2 tbsp all-purpose flour
- Optional: A pinch of salt, powdered sugar for dusting, fresh berries, or a scoop of vanilla ice cream for serving

## DIRECTIONS

1. Grease two 6-ounce ramekins with butter or cooking spray.
2. Place the chocolate chips and butter in a microwaveable bowl. Microwave 30 seconds at a time, stirring until melted and smooth.
3. Whisk the egg, egg yolk, sugar, and vanilla in another bowl until well combined.
4. Gradually add the melted chocolate to the egg mixture, stirring continuously. Fold in the flour until combined; add a pinch of salt if desired.
5. Divide the batter evenly between the ramekins.
6. Preheat the air fryer to 370°F (190°C) and cook for 8-10 minutes until edges are set and centers are slightly soft.
7. Let cool for 1-2 minutes, loosen with a knife, invert onto plates, dust with powdered sugar, and serve with berries or vanilla ice cream if desired.

# AIR-FRIED BANANA FRITTERS

PREP: 10 MIN

COOK: 6-8 MIN

SERVES: 4

## INGREDIENTS

- 4 ripe bananas, mashed
- 1 cup all-purpose flour
- 1/4 cup milk (dairy or plant-based)
- 1 1/2 tbsp brown sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 1/4 tsp vanilla extract
- 3/4 tsp ground cinnamon
- Optional: A pinch of nutmeg, powdered sugar for dusting, honey or maple syrup for drizzling

## DIRECTIONS

1. In a bowl, combine mashed bananas, flour, milk, brown sugar, baking powder, baking soda, salt, vanilla extract, ground cinnamon, and optional nutmeg. Mix until just combined.
2. Preheat your air fryer to 350°F (175°C) for 5 minutes.
3. Drop tablespoon-sized portions of batter into the air fryer basket, leaving space between each.
4. Cook at 350°F (175°C) for 8-10 minutes until golden brown. Cook in batches if needed.
5. Let the fritters cool slightly. Dust with powdered sugar and drizzle with honey or maple syrup if desired.
6. Serve warm and enjoy your delicious air-fried banana fritters!

# AIR FRYER SWEET POTATO PIE BITES

PREP: 15 MIN

COOK: 10-12 MIN

SERVES: 4

## INGREDIENTS

- 2 ounces semi-sweet chocolate chips or chopped chocolate
- 2 tbsp unsalted butter
- 1 large egg
- 1 egg yolk
- 3 tbsp granulated sugar
- 1/2 tsp vanilla extract
- 2 tbsp all-purpose flour
- Optional: A pinch of salt, powdered sugar for dusting, fresh berries, or a scoop of vanilla ice cream for serving

## DIRECTIONS

1. Set to 350°F (175°C) and preheat for 5 minutes.
2. In a bowl, mix diced sweet potatoes with brown sugar, cinnamon, nutmeg, ginger, and salt.
3. Place in the air fryer basket and cook for 10-12 minutes, shaking halfway, until tender and caramelized.
4. In a separate bowl, combine melted butter, vanilla extract, milk, and beaten egg. Mash the cooked sweet potatoes and mix with the wet ingredients until smooth.
5. Shape the mixture into bite-sized balls.
6. Place in the air fryer basket and cook for another 5-7 minutes until golden brown and crispy.
7. Let cool slightly, then dust with powdered sugar and garnish with chopped pecans or maple syrup, if desired.

# AIR-FRIED OATMEAL RAISIN COOKIES

PREP: 10 MIN

COOK: 6-8 MIN

SERVES: 12 COOKIES

## INGREDIENTS

- 1/2 cup unsalted butter, softened
- 1/2 cup brown sugar, packed
- 1/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla extract
- 3/4 cup all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1 1/2 cups old-fashioned rolled oats
- 1/2 cup raisins
- Optional: 1/4 cup chopped nuts (e.g., walnuts or pecans), 1/4 cup chocolate chips, or a pinch of ground nutmeg

## DIRECTIONS

1. Set to 325°F (165°C) for 5 minutes.
2. Beat the softened butter, brown sugar, and crystal sugar until fluffy.
3. Mix in the egg and vanilla extract.
4. Whisk together baking soda, flour, cinnamon, and salt. Gradually combine with the wet mixture.
5. Stir in rolled oats, raisins, and any optional additions.
6. Line the air fryer basket with parchment paper or spray with cooking oil.
7. Drop tablespoon-sized dough balls onto the parchment, spacing them apart.
8. Cook at 325°F (165°C) for 6-8 minutes until edges are golden, cooking in batches if needed.
9. Leave to cool on a wire rack to firm up.

# HEALTHY APPLE CINNAMON FRITTERS

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- Apples: 2 medium, peeled, cored, and diced
- All-Purpose Flour: 1 cup
- Granulated Sugar: 2 tbsp
- Baking Powder: 1 tsp
- Ground Cinnamon: 1 tsp
- Salt: 1/4 tsp
- Milk: 1/2 cup (can use almond or oat milk for a dairy-free option)
- Egg: 1 large
- Vanilla Extract: 1 tsp
- Lemon Juice: 1 tbsp
- Cooking Spray: For air fryer basket

## DIRECTIONS

1. Set to 375°F (190°C).
2. In a bowl, mix flour, sugar, baking powder, cinnamon, and salt. Whisk together milk, egg, vanilla extract, and lemon juice in another bowl. Combine wet and dry ingredients, then gently fold in diced apples.
3. Line the air fryer basket with parchment paper and spray lightly with cooking spray.
4. Scoop about 2 tablespoons of batter for each fritter and place in the basket, leaving space between them.
5. Cook at 375°F (190°C) for 5 minutes. Flip and cook for another 5 minutes, until golden brown.
6. Dust with powdered sugar or drizzle with honey or maple syrup if desired.

# HEALTHY AIR-FRIED GRANOLA CLUSTERS

PREP: 10 MIN

COOK: 15 MIN

SERVES: 6

## INGREDIENTS

- Rolled Oats: 2 cups
- Nuts (e.g., almonds, walnuts): 1/2 cup, chopped
- Seeds (e.g., sunflower, chia): 1/4 cup
- Dried Fruit (e.g., raisins, cranberries): 1/2 cup
- Honey or Maple Syrup: 1/4 cup
- Coconut Oil: 2 tbsp, melted
- Vanilla Extract: 1 tsp
- Ground Cinnamon: 1 tsp
- Salt: 1/4 tsp

### Optional Ingredients

- Shredded Coconut: 1/4 cup
- Chocolate Chips: 1/4 cup (for a sweeter touch)
- Nutmeg: 1/4 tsp (for extra spice)

## DIRECTIONS

1. Preheat Air Fryer: Set to 300°F (150°C).
2. combine rolled oats, chopped nuts, seeds, dried fruit, cinnamon, and salt in a bowl.
3. mix the honey (or maple syrup), melted coconut oil, and vanilla extract in a small bowl.
4. Pour wet ingredients over dry and stir until coated.
5. Scoop and press small handfuls into clusters; place in the air fryer basket lined with parchment paper.
6. Cook at 300°F (150°C) for 10 minutes, shake, and cook for 5 minutes until golden brown.
7. Allow to cool completely before storing in an airtight container.

# HEALTHY AIR-FRIED CHEESECAKE BITES

PREP: 15 MIN

COOK: 10 MIN

SERVES: 12 BITES

## INGREDIENTS

- Cream Cheese: 8 oz (225g), softened.
- Greek Yogurt: 1/4 cup
- Honey or Maple Syrup: 1/4 cup
- Vanilla Extract: 1 tsp
- Egg: 1 large
- Lemon Juice: 1 tbsp
- Graham Crackers: 1 cup, crushed.
- Butter: 2 tbsp, melted.
- Cooking Spray: For air fryer basket

### Optional Ingredients

- Fresh Berries: For the topping
- Powdered Sugar: For dusting
- Cinnamon: 1/2 tsp (for extra flavor in the crust)

## DIRECTIONS

1. Set to 320°F (160°C).
2. Mix crushed graham crackers with melted butter (and cinnamon). Press 1 tablespoon of the mixture into the bottom of each silicone muffin cup or ramekin.
3. Beat softened cream cheese until smooth. Add Greek yogurt, honey (or maple syrup), vanilla extract, egg, and lemon juice. Mix until well combined.
4. Spoon filling over the crust in each cup, filling about 3/4 full.
5. Place cups in the basket and cook for 10 minutes, until set and slightly golden.
6. Let cool entirely in the basket, then refrigerate for at least 1 hour before serving

# HEALTHY AIR-FRIED BLUEBERRY CRISP

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- Blueberries: 2 cups (fresh or frozen)
- Rolled Oats: 1/2 cup
- All-Purpose Flour: 1/4 cup
- Brown Sugar: 1/4 cup
- Coconut Oil: 2 tbsp, melted
- Lemon Juice: 1 tbsp
- Ground Cinnamon: 1 tsp
- Salt: 1/4 tsp

### Optional Ingredients

- Chopped Nuts (e.g., almonds, walnuts): 1/4 cup
- Shredded Coconut: 1/4 cup
- Vanilla Extract: 1 tsp
- Nutmeg: 1/4 tsp (for extra spice)

## DIRECTIONS

1. Set to 350°F (175°C).
2. Toss blueberries with lemon juice and a pinch of salt in a bowl.
3. In another bowl, mix rolled oats, flour, brown sugar, ground cinnamon, and melted coconut oil until crumbly. Add nuts, shredded coconut, vanilla extract, and nutmeg if desired.
4. Divide the blueberry mixture among four ramekins or an air fryer-safe dish. Sprinkle the topping evenly over the blueberries.
5. Place in the basket and cook for 12-15 minutes until the topping is golden and the blueberries are bubbly.
6. Let cool slightly before serving.

# HEALTHY PEANUT BUTTER AIR FRYER COOKIES

PREP: 10 MIN

COOK: 7 MIN

SERVES: 12 COOKIES

## INGREDIENTS

- Creamy Peanut Butter: 1 cup
- Granulated Sugar: 1/2 cup
- Egg: 1 large
- Vanilla Extract: 1 tsp
- Baking Powder: 1/2 tsp
- Salt: 1/4 tsp

### Optional Ingredients

- Chocolate Chips: 1/4 cup (for a sweeter touch)
- Chopped Nuts: 1/4 cup (for added crunch)
- Cinnamon: 1/2 tsp (for extra flavor)

## DIRECTIONS

1. Set to 350°F (175°C).
2. Mix peanut butter, sugar, egg, vanilla extract, baking powder, and salt until combined. Fold in chocolate chips, nuts, or cinnamon if desired.
3. Scoop 1 tablespoon of dough, roll into a ball and place on parchment paper. Flatten slightly with a fork to create a crisscross pattern.
4. Place parchment with cookies in the basket. Cook for 6-7 minutes until the edges are golden brown.
5. Let cool in the basket for a few minutes, then transfer to a wire rack to cool completely.

# HEALTHY AIR-FRIED S'MORES

PREP: 5 MIN

COOK: 4 MIN

SERVES: 4

## INGREDIENTS

- 8 graham cracker squares (commonly found in most kitchens)
- 4 large marshmallows (or 8 mini marshmallows)
- 4 squares of dark chocolate (70% cocoa or higher for a healthier option)
- Optional: A pinch of cinnamon or a drizzle of honey for extra flavor

## DIRECTIONS

1. Set to 350°F (175°C) and preheat for 2 minutes.
2. Break graham crackers into 8 squares. Place 4 squares in the air fryer basket. Tear marshmallows in half and place one half on each graham cracker.
3. Cook at 350°F (175°C) for 3-4 minutes until golden marshmallows are melted.
4. Remove graham crackers, place a square of dark chocolate on each marshmallow, and top with another graham cracker square. Press gently to melt the chocolate.
5. Sprinkle cinnamon on marshmallows before air frying or drizzle honey over chocolate before adding the top cracker for extra sweetness.

CHAPTER 8  
*Kid-Friendly  
Recipes*

## AIR FRYER CHICKEN NUGGETS

PREP: 15 MIN

COOK: 12-15 MIN

SERVES: 4

### INGREDIENTS

- 2 chicken breasts, boned and skinless (about 1lb)
- 1/2 cup wholemeal breadcrumbs (or regular breadcrumbs)
- 1/4 cup grated Parmesan cheese (optional for added flavor)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 1/4 tsp salt (adjust to taste)
- 1 large egg, beaten
- 1 tbsp olive oil (optional for extra crispiness)
- Cooking spray (for air fryer basket)

### DIRECTIONS

1. Cut chicken breasts into 1-1.5 inch bite-sized pieces.
2. Mix thoroughly with breadcrumbs, Parmesan cheese (optional), onion powder, garlic powder, black pepper, paprika, and salt in a shallow dish. Beat the egg in a separate bowl.
3. Dip each piece in the beaten egg, then roll in the breadcrumb mixture, pressing lightly. Place on a plate or tray.
4. Preheat to 400°F (200°C) for about 3 minutes.
5. Lightly spray the air fryer basket. Place the chicken in a single layer without touching it. Drizzle with olive oil for crispiness, if desired. Fry for 12-15 minutes until golden brown and external temperature is 165°F (75°C), turning halfway through.
6. Let cool for a couple of minutes before serving.

## AIR FRYER MINI PIZZA POCKETS

PREP: 15 MIN

COOK: 8-10 MIN

SERVES: 4

### INGREDIENTS

- 1 can (8 oz) refrigerated pizza dough (or whole wheat pizza dough for a healthier option)
- 1/2 cup pizza sauce (or marinara sauce)
- 1/2 cup shredded mozzarella cheese (use vegan cheese if desired)
- 1/4 cup diced bell peppers (optional)
- 1/4 cup diced onions (optional)
- 1/4 cup chopped mushrooms (optional)
- 1/4 cup diced pepperoni (use turkey pepperoni, plant-based pepperoni, or omit for vegan option)
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tbsp olive oil (optional for brushing)
- Cooking spray (for air fryer basket)

### DIRECTIONS

1. Roll out pizza dough to 1/8 inch thick.
2. Cut 3-inch circles; add pizza sauce, mozzarella, bell peppers, onions, mushrooms, pepperoni, oregano, and garlic powder to the center.
3. Fold each dough circle in half and press the edges with a fork to seal tightly.
4. Preheat the air fryer to 375°F (190°C) for 3 minutes.
5. Lightly coat the basket with spray, place the pockets in a single layer, and brush the tops with olive oil. Air fry for 8-10 minutes, flipping halfway, until golden brown.
6. Let cool for a few minutes before serving with extra pizza or marinara sauce.

# AIR FRYER MOZZARELLA STICKS

PREP: 15 MIN (plus 1 hour freezing time)

COOK: 6-8 MIN

SERVES: 4

## INGREDIENTS

- 12 sticks (about 8 oz) mozzarella cheese (use string cheese for convenience)
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 1 cup whole wheat or panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp paprika (optional for extra flavor)
- 1/4 tsp black pepper
- 1/4 tsp salt
- Cooking spray (for air fryer basket)

## DIRECTIONS

1. Cut mozzarella sticks in half (about 3 inches long) and freeze on a parchment-lined baking sheet for at least 1 hour.
2. Place flour in one bowl, whisk eggs in another and mix breadcrumbs, garlic powder, oregano, paprika, salt, and pepper in a third.
3. Dredge each frozen stick in flour, dip it in the beaten egg, and coat it with the breadcrumb mixture. Double the egg and breadcrumb coating process to achieve an extra crispy texture.
4. Preheat to 390°F (200°C) for 3 minutes.
5. Spray the basket with cooking spray. Place sticks in a single layer and air fry for 6-8 minutes, flipping halfway, until golden and crispy.
6. Let cool for a minute and serve with marinara or pesto for dipping.

# CRISPY POPCORN CHICKEN

PREP: 15 MIN

COOK: 12-15 MIN

SERVES: 4

## INGREDIENTS

- 2 boneless, skinless chicken breasts (about 1 lb) cut into bite-sized pieces
- 1 cup whole wheat or panko breadcrumbs
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp black pepper
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp cayenne pepper (optional for a spicy kick)
- Cooking spray (for air fryer basket)

## DIRECTIONS

1. Cut chicken breasts into bite-sized pieces and pat dry.
2. Set up the Breeding Station: Place flour in one bowl, whisk eggs in another, and mix breadcrumbs with garlic powder, paprika, onion powder, black pepper, salt, and cayenne in a third.
3. Coat chicken in flour, dip in eggs and roll in breadcrumbs.
4. Preheat to 400°F (200°C) for 3 minutes.
5. Spray the basket, place chicken in a single layer, and cook for 12-15 minutes, flipping halfway until golden and crispy.
6. Cool briefly and serve with your favorite dipping sauce.

# AIR FRYER MAC AND CHEESE BALLS

PREP: 20 MIN

COOK: 6-8 MIN

SERVES: 4-6

## INGREDIENTS

- 2 cups cooked macaroni (elbow or small pasta)
- 1 1/2 cups shredded cheese (cheddar or a mix of cheddar and mozzarella)
- 1/4 cup grated Parmesan cheese (optional for extra flavor)
- 1/2 cup milk (or a plant-based alternative)
- 1 tbsp unsalted butter (or plant-based butter)
- 1 tbsp all-purpose flour (or gluten-free flour)
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- Salt and pepper, to taste
- 1 cup breadcrumbs (panko or whole wheat for a healthier option)
- 1/2 cup all-purpose flour (for dredging)
- 2 large eggs, beaten
- Cooking spray

## DIRECTIONS

1. Melt butter, stir in flour, and cook for 1 minute. Gradually whisk in milk and let thicken. Add cheese, season, and mix with cooked macaroni. Refrigerate for 30 minutes.
2. Scoop and roll chilled mac and cheese into 1-2 tablespoon-sized balls. Chill again for 15-20 minutes.
3. Coat each ball in flour, dip in beaten egg, and roll in breadcrumbs.
4. Preheat to 360°F (180°C) for 3 minutes.
5. Cook balls for 10-12 minutes, flipping halfway, until golden and crispy.
6. Allow to cool for a moment before serving with your preferred dipping sauce.

# AIR FRYER MINI SLIDERS

PREP: 15 MIN

COOK: 10-12 MIN

SERVES: 6

## INGREDIENTS

- 1 lb ground beef (85% lean for juicier sliders or ground turkey for a leaner option)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp smoked paprika
- Salt and pepper, to taste
- 6 slider buns (whole wheat for a healthier option)
- 1 tbsp olive oil or cooking spray (optional for brushing the air fryer basket)
- 6 slices of cheese (optional, cheddar or your favorite cheese)
- Lettuce, tomato, pickles for topping
- Condiments: Ketchup, mustard, mayo, or your favorite sauces

## DIRECTIONS

1. Mix ground beef with garlic powder, onion powder, paprika, salt, and pepper. Shape into 6 small patties, about 1/2 inch thick.
2. Set to 360°F (180°C) for 3 minutes.
3. Lightly oil the basket, place the patties in a single layer, and air fry for 10-12 minutes, flipping halfway. If desired, add cheese in the last minute.
4. Toast slider buns in the air fryer for 1-2 minutes.
5. Add condiments, patties, lettuce, tomato, and pickles to buns. Enjoy!

## AIR-FRIED PB&J SANDWICHES

PREP: 5 MIN

COOK: 4-6 MIN

SERVES: 2

### INGREDIENTS

- 2 slices of whole wheat bread (or your preferred bread)
- 2 tbsp peanut butter (or any nut/seed butter of choice, such as almond or sunflower butter)
- 2 tbsp fruit jam (preferably low-sugar or no-added-sugar)
- 1 tbsp coconut oil or butter (optional for brushing the outside of the bread to enhance crispiness)
- Cinnamon (optional for extra flavor)

### DIRECTIONS

1. Spread peanut butter on one slice of bread and jam on another. Press together to form a sandwich.
2. Brush the outside with butter or oil for a crispy finish. Sprinkle cinnamon if desired.
3. Set the air fryer to 370°F (190°C) for 3 minutes.
4. Cook sandwiches for 4-6 minutes, flipping halfway, until golden and crispy.
5. Let cool slightly, then cut and enjoy!

## HOMEMADE AIR FRYER FRIES

PREP: 10 MIN

COOK: 15-20 MIN

SERVES: 2-3

### INGREDIENTS

- 2 large russet potatoes (or sweet potatoes for a variation)
- 1-2 tbsp olive oil (or avocado oil for a neutral flavor)
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder (optional)
- 1/2 tsp paprika (optional for color and flavor)
- Optional Adjustments:
- Swap russet potatoes for sweet potatoes for added sweetness and nutrition.
- Adjust seasoning with cayenne pepper for a spicy kick or herbs like rosemary for added aroma.

### DIRECTIONS

1. Slice potatoes into uniform strips (1/4 to 1/3 inch thick). Soak in cold water for 15 minutes (optional for crispiness), then pat dry.
2. Preheat: Heat air fryer to 380°F (193°C) for 3 minutes.
3. Toss fries with olive oil, salt, pepper, garlic powder, and paprika.
4. Air fry at 380°F for 15–20 minutes, shaking halfway through, until golden and crispy.
5. Sprinkle extra salt if desired, and serve immediately.

# AIR-FRIED PIZZA ROLLS

PREP: 15 MIN

COOK: 8-10 MIN

SERVES: 4-6

## INGREDIENTS

- 6 small whole wheat tortillas (or gluten-free tortillas, as desired)
- 1/2 cup pizza sauce
- 1/2 cup grated mozzarella (or dairy-free cheese for vegetarians)
- 1/4 cup diced bell peppers (optional)
- 1/4 cup diced mushrooms (optional)
- 1/4 cup sliced black olives (optional)
- 1/4 tsp dried oregano
- 1/4 tsp garlic powder
- 1 tbsp olive oil (for brushing)
- Salt and pepper to taste

### Optional Adjustments:

- Add vegan pepperoni or diced cooked chicken for a protein boost.
- Customize with additional toppings like spinach, onions, or jalapeños for extra flavor.

## DIRECTIONS

1. Mix pizza sauce, oregano, garlic powder, and optional veggies—season with salt and pepper.
2. Spread 1 tbsp of filling on each tortilla. Add mozzarella, then roll tightly, tucking in the sides.
3. Heat the air fryer to 375°F (190°C) for 3 minutes.
4. Brush rolls with olive oil. Place seam-side down in the air fryer and cook at 375°F for 8-10 minutes, flipping halfway, until crispy.
5. Let cool for 1-2 minutes and serve with extra pizza sauce.

# HEALTHY AIR-FRIED MINI CORN DOGS

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 8 hot dogs (preferably turkey or chicken for a healthier option)
- 1 cup cornmeal
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1 tbsp sugar (optional)
- 1/2 tsp salt
- 1 cup milk (or a plant-based alternative)
- 1 large egg
- Wooden skewers or toothpicks
- Optional: A pinch of paprika or garlic powder for extra flavor

## DIRECTIONS

1. Heat the air fryer to 375°F (190°C) for 5 minutes.
2. Cut each hot dog in half and insert a toothpick.
3. Mix cornmeal, flour, baking powder, sugar, and salt. Whisk milk and egg, then combine with dry ingredients.
4. Dip each mini hot dog into the batter, thoroughly coating it.
5. Lightly spray the basket. Air fry at 375°F for 8-10 minutes, turning halfway until golden brown.
6. Pair with mustard, ketchup, or your favorite dip.

# HEALTHY AIR-FRIED CHEESY QUESADILLAS

PREP: 5 MIN

COOK: 8 MIN

SERVES: 4

## INGREDIENTS

- 4 large whole wheat tortillas
- 1 cup shredded low-fat cheese (such as cheddar, mozzarella, or a Mexican blend)
- 1/2 cup black beans (rinsed and drained)
- 1/2 cup corn kernels (fresh, canned, or frozen)
- 1/4 cup diced bell peppers
- 1/4 cup chopped onions
- 1 tbsp olive oil (optional for brushing)
- Optional: A pinch of cumin, chili powder, or paprika for extra flavor

## DIRECTIONS

1. Set the air fryer to 375°F (190°C) for 3 minutes.
2. Mix shredded cheese, black beans, corn, bell peppers, and onions. Add cumin or chili powder if desired.
3. Spread filling on half of each tortilla, then fold into a half-moon.
4. Brush tortillas with olive oil (optional). Air fry at 375°F for 4 minutes, flip, and cook for another 4 minutes until golden and melted.
5. Let cool slightly before slicing into wedges.

# AIR FRYER CRISPY POTATO WEDGES

PREP: 10 MIN

COOK: 20-25 MIN

SERVES: 4

## INGREDIENTS

- 4 large russet potatoes, washed and cut into wedges
  - 2 tbsp olive oil
  - 1 tsp garlic powder
  - 1 tsp paprika
  - 1/2 tsp onion powder
  - 1/2 tsp salt (adjust to taste)
  - 1/4 tsp black pepper
  - Cooking spray
- Optional Ingredients:**
- 1/4 cup grated Parmesan cheese (for extra flavor)
  - 1/2 tsp chili powder or cayenne pepper (for a spicy kick)
  - Chopped fresh parsley or chives for garnish

## DIRECTIONS

1. Set air fryer to 400°F (200°C) for 5 minutes.
2. Toss potato wedges with olive oil, garlic powder, paprika, onion powder, salt, and pepper.
3. Spray the basket, arrange wedges in a single layer, and lightly spray tops. Air fry at 400°F for 20-25 minutes, shaking halfway through.
4. Let cool slightly and garnish with parsley or chives if desired.

# HEALTHY AIR-FRIED FISH STICKS

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 1 lb white fish fillets (such as cod, tilapia, or haddock)
- 1/2 cup whole wheat flour
- 2 large eggs (beaten)
- 1 cup panko breadcrumbs (or whole wheat breadcrumbs)
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/2 tsp black pepper
- Cooking spray
- Optional: A pinch of cayenne pepper for a spicy kick

## DIRECTIONS

1. Set air fryer to 400°F (200°C) for 5 minutes.
2. Cut fish into 1-inch strips.
3. Dredge fish in flour, dip it in beaten eggs and coat it with panko, garlic powder, paprika, salt, and pepper.
4. Spray the basket, place fish sticks in a single layer, and spray tops. Air fry at 400°F for 10 minutes, flipping halfway through.
5. Let cool for a minute before serving.

# AIR-FRIED VEGGIE BITES

PREP: 15 MIN

COOK: 12-15 MIN

SERVES: 4

## INGREDIENTS

- 1 cup broccoli florets, chopped
- 1 cup cauliflower florets, chopped
- 1 cup carrots, diced
- 1/2 cup bell peppers, diced (any color)
- 1/2 cup zucchini, diced
- 1/2 cup breadcrumbs (whole wheat or gluten-free)
- 1/4 cup grated Parmesan cheese (optional)
- 2 large eggs, beaten
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper
- Cooking spray

## DIRECTIONS

1. Set the air fryer to 375°F (190°C) for 5 minutes.
2. Mix chopped broccoli, cauliflower, carrots, bell peppers, and zucchini in a bowl.
3. Mix well with breadcrumbs, Parmesan (if using), garlic powder, onion powder, paprika, salt, and pepper.
4. Stir in beaten eggs until combined.
5. Shape the mixture into small balls or patties.
6. Spray the basket and place veggie bites in a single layer, lightly spraying the tops. Air fry at 375°F for 12-15 minutes, flipping halfway through.
7. Let cool slightly and garnish with parsley or cilantro, if desired.

# AIR FRYER TATER TOTS

PREP: 20 MIN

COOK: 15-20 MIN

SERVES: 4

## INGREDIENTS

- 2 large russet potatoes, peeled and grated
- 1/4 cup onion, finely chopped
- 1/4 cup all-purpose flour (or gluten-free flour)
- 1/4 cup breadcrumbs (whole wheat or gluten-free)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper
- 1 tbsp olive oil
- Cooking spray

## DIRECTIONS

1. Set the air fryer to 400°F (200°C) for 5 minutes.
2. Squeeze moisture from grated potatoes using a kitchen towel.
3. Combine grated potatoes, chopped onion, flour, breadcrumbs, garlic powder, onion powder, salt, pepper, and olive oil; mix well.
4. Shape the mixture into tiny cylindrical tater tots.
5. Spray the basket with cooking spray and place the tots in a single layer. Lightly spray the tops.
6. Air fry at 400°F for 15-20 minutes, shaking halfway through, until golden and crispy.
7. Let cool slightly and garnish with parsley or chives, if desired.

# AIR FRYER APPLE CINNAMON FRITTERS

PREP: 15 MIN

COOK: 10-12 MIN

SERVES: 4

## INGREDIENTS

- 2 large apples, peeled, cored, and diced
  - 1 cup all-purpose flour (or whole wheat flour)
  - 1/4 cup sugar (or a sugar substitute)
  - 1 tsp baking powder
  - 1/2 tsp ground cinnamon
  - 1/4 tsp salt
  - 1/4 cup milk (dairy or non-dairy)
  - 1 large egg
  - 1 tsp vanilla extract
  - 1 tbsp melted butter (or coconut oil)
  - Cooking spray
- Optional Ingredients:**
- 1/4 cup chopped nuts (e.g., walnuts or pecans)
  - 1/4 tsp nutmeg for extra spice
  - Powdered sugar for dusting

## DIRECTIONS

1. Set the air fryer to 375°F (190°C) for 5 minutes.
2. Whisk flour, sugar, baking powder, cinnamon, and salt in a bowl.
3. Combine milk, egg, vanilla extract, and melted butter in another bowl.
4. Pour wet ingredients into the dry and stir until combined. Fold in diced apples (and nuts if using).
5. Drop small mounds of batter onto a parchment-lined plate.
6. Spray the air fryer basket with cooking spray, lightly place the fritters in a single layer, and spray the tops.
7. Air fry at 375°F for 10-12 minutes, flipping halfway, until golden brown.
8. Let cool slightly and dust with powdered sugar, if desired.

# HEALTHY AIR-FRIED HOT DOGS

PREP: 5 MIN

COOK: 8 MIN

SERVES: 4

## INGREDIENTS

- 4 hot dogs (preferably low-fat or turkey hot dogs for a healthier option)
- 4 whole wheat hot dog buns
- 1 tbsp olive oil (optional for brushing the buns)
- Optional toppings: mustard, ketchup, relish, diced onions, sauerkraut, pickles, or any other preferred toppings

## DIRECTIONS

1. Preheat the Air Fryer your air fryer to 375°F (190°C) and let it preheat for about 3 minutes.
2. Place the hot dogs in the air fryer basket in a single layer. You can make small diagonal slits on the hot dogs if you prefer a grilled look.
3. Air fry the hot dogs at 375°F (190°C) for 5 minutes.
4. If you like, you can brush the buns with olive oil for extra crispiness. Return them to the air fryer and cook for 3 minutes until toasted.
5. Remove the hot dogs from the air fryer and add your favorite toppings. Enjoy your healthy, air-fried hot dogs!

# HEALTHY AIR FRYER MEATBALL SKEWERS

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450g) lean ground beef or turkey
- 1/2 cup breadcrumbs
- 1 large egg
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 green bell pepper, cut into chunks
- 1 small red onion, cut into chunks
- Olive oil spray (optional)
- Optional: BBQ sauce, teriyaki sauce, or your favorite dipping sauce

## DIRECTIONS

1. Mix ground beef or turkey, breadcrumbs, egg, Parmesan, garlic, Italian seasoning, pepper and salt until combined.
2. Shape into 16 small meatballs (about 1 inch).
3. Thread meatballs onto skewers, alternating with bell pepper and red onion chunks.
4. Set to 375°F (190°C) for 3 minutes.
5. Place skewers in the basket, spray lightly with olive oil if desired, and air fry for 10-12 minutes, turning halfway, until meatballs are cooked and vegetables are tender.
6. Remove skewers and serve with your favorite dipping sauce.

# HEALTHY SWEET POTATO FRIES WITH KETCHUP

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 2 large sweet potatoes
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder (optional)
- 1/4 tsp paprika (optional)
- Ketchup for serving

## DIRECTIONS

1. Set to 400°F (200°C) for 3 minutes.
2. Peel and cut sweet potatoes into thin strips (about 1/4 inch).
3. Toss sweet potato strips with olive oil, salt, pepper, garlic powder, and paprika until coated.
4. Place fries in a single layer in the air fryer basket. Air fry at 400°F (200°C) for 12-15 minutes, shaking halfway through.
5. Remove fries and let cool slightly. Serve with ketchup or your favorite dipping sauce.

# HEALTHY CHOCOLATE AIR FRYER DONUTS

PREP: 20 MIN

COOK: 10 MIN

SERVES: 6

## INGREDIENTS

- 1 cup all-purpose flour
  - 1/4 cup cocoa powder
  - 1/2 cup granulated sugar
  - 1 tsp baking powder
  - 1/4 tsp baking soda, 1/4 tsp salt
  - 1/2 cup buttermilk (or milk with 1/2 tablespoon vinegar)
  - 1 large egg
  - 2 tbsp unsalted butter, melted
  - 1 tsp vanilla extract
  - Olive oil spray (optional)
- For the Chocolate Glaze:**
- 1/2 cup powdered sugar
  - 2 tbsp cocoa powder
  - 2-3 tbsp milk, 1/2 tsp vanilla extract

## DIRECTIONS

1. Set to 350°F (175°C) for 3 minutes.
2. Whisk flour, cocoa powder, sugar, baking powder, baking soda, and salt in a bowl.
3. Whisk buttermilk, egg, melted butter, and vanilla extract in another bowl.
4. Pour wet ingredients into dry ingredients and mix until just combined.
5. Transfer batter to a piping bag and fill silicone donut molds about 3/4 full.
6. Place molds in the air fryer basket. Air fry at 350°F (175°C) for 8-10 minutes until a toothpick comes out clean.
7. Whisk powdered sugar, cocoa powder, milk, and vanilla extract until smooth.
8. Let the donuts cool slightly, then dip the tops in chocolate glaze and set them on a wire rack.

CHAPTER 9

*Low-Carb and Keto  
Recipes*

# HEALTHY KETO PARMESAN CHICKEN WINGS

PREP: 10 MIN

COOK: 25 MIN

SERVES: 4

## INGREDIENTS

- 2 lbs (900g) chicken wings
- 2 tbsp olive oil
- 1/2 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/2 tsp black pepper
- Optional: fresh parsley for garnish

## DIRECTIONS

1. Preheat Air Fryer to 400°F (200°C) for 3 minutes.
2. Pat wings dry with paper towels.
3. Toss wings in a bowl with olive oil, Parmesan cheese, garlic powder, onion powder, paprika, salt, and black pepper until coated.
4. Place wings in a single layer in the air fryer and cook at 400°F (200°C) for 20–25 minutes, flipping halfway through, until golden brown and crispy.
5. Let cool slightly, garnish with parsley if desired, and serve with dipping sauce.

# HEALTHY CAULIFLOWER CRUST PIZZA

PREP: 20 MIN

COOK: 15 MIN

SERVES: 2

## INGREDIENTS

### Cauliflower Crust:

- 1 medium head of cauliflower (about 3 cups, grated)
- 1 large egg
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 tsp dried oregano, 1 tsp dried basil
- 1/2 tsp garlic powder
- 1/2 tsp salt, 1/4 tsp black pepper

### Toppings (optional and adjustable):

- 1/2 cup pizza sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup sliced bell peppers
- 1/4 cup sliced black olives
- 1/4 cup sliced mushrooms
- Fresh basil leaves for garnish.

## DIRECTIONS

1. Preheat the air fryer to 400°F (200°C). Remove the leaves and stem from the cauliflower, cut it into florets, and grate or pulse until it resembles rice. Microwave the grated cauliflower in a bowl for 5 minutes, then let it cool and squeeze out excess moisture.
2. Mix cauliflower with egg, mozzarella, Parmesan, oregano, basil, garlic powder, salt, and pepper. Line the air fryer basket with parchment paper and shape the mixture into two round crusts about 1/4 inch thick.
3. Air fry crusts at 400°F (200°C) for 10 minutes until golden and firm.
4. Spread pizza sauce on each crust, sprinkle with mozzarella and add desired toppings. Return to the air fryer and cook at 360°F (180°C) for 5 minutes until the cheese is melted.
5. Let cool for a few minutes, garnish with fresh basil, and serve.

## HEALTHY ZUCCHINI PIZZA BITES

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

- 2 medium zucchinis, sliced into 1/4 inch thick rounds
- 1/2 cup marinara or pizza sauce
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup sliced pepperoni or mini pepperoni (optional)
- 1/4 cup sliced black olives (optional)
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- Salt and pepper to taste
- Olive oil spray

### DIRECTIONS

1. Preheat the air fryer to 375°F (190°C). Slice the zucchini into 1/4-inch rounds and pat dry with a paper towel.
2. Toss zucchini slices in a bowl with Italian seasoning, garlic powder, salt, and pepper.
3. Lightly spray the air fryer basket with olive oil, arrange the zucchini in a single layer, and air fry for 5 minutes.
4. Remove zucchini, spread marinara or pizza sauce on each slice, and sprinkle with mozzarella, Parmesan, pepperoni, and olives (if using).
5. Return the zucchini to the air fryer and cook for 3-5 minutes until the cheese is melted and bubbly.
6. Let cool for a minute before serving.

## HEALTHY AIR-FRIED AVOCADO FRIES

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

- 2 ripe but firm avocados sliced into wedges
- 1/2 cup all-purpose flour
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 large eggs, beaten
- 1 cup panko breadcrumbs
- 1/4 cup grated Parmesan cheese (optional)
- Olive oil spray

### DIRECTIONS

1. Preheat the air fryer to 400°F (200°C). Slice the avocados into wedges. Mix the flour with salt and pepper in three bowls, beat the eggs, and combine the panko with Parmesan (if using).
2. Dredge avocado slices in the flour mixture, dip them in beaten eggs and press them into the panko mixture to coat.
3. Spray the air fryer basket with olive oil. Arrange avocado slices in a single layer, spray tops with olive oil, and air fry for 5 minutes. Flip and cook for 3-5 minutes until golden brown and crispy.
4. Let cool slightly before serving.

# HEALTHY KETO AIR-FRIED MEATBALLS

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450g) ground beef (80% lean)
- 1/2 cup grated Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- 1 large egg
- 2 tablespoons heavy cream
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper
- Olive oil spray

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C). Mix ground beef, Parmesan, mozzarella, egg, heavy cream, minced garlic, Italian seasoning, salt, and pepper until combined.
2. Shape into 1-1/2 inch meatballs (about 16 total).
3. Spray the air fryer basket with olive oil and arrange the meatballs in a single layer. Air fry for 8-10 minutes, flipping halfway, until browned and cooked.
4. Let cool slightly before serving.

# HEALTHY PARMESAN-CRUSTED PORK CHOPS

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 4 boneless pork chops (about 1 inch thick)
- 1/2 cup grated Parmesan cheese
- 1/2 cup panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 large eggs, beaten
- Olive oil spray

## DIRECTIONS

1. Preheat the air fryer to 400°F (200°C). Mix the Parmesan, panko, garlic powder, smoked paprika, salt, and pepper in a bowl. In another bowl, beat the eggs.
2. Dip each pork chop in the beaten eggs, letting excess drip off, then press into the Parmesan mixture to coat.
3. Spray the air fryer basket with olive oil and arrange the pork chops in a single layer. Spray the tops with olive oil. Air fry for 5 minutes, flip, and cook for 3-5 minutes until the internal temperature reaches 145°F (63°C) and the crust is golden.
4. Let rest for a few minutes before serving.

# KETO-FRIENDLY MOZZARELLA STICKS

PREP: 15 MIN

COOK: 8 MIN

SERVES: 4

## INGREDIENTS

- 8 mozzarella string cheese sticks (low moisture, part-skim)
- 1 large egg
- 1 cup almond flour
- 1/2 cup grated Parmesan cheese (finely grated)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Italian seasoning
- Salt and pepper to taste
- Cooking spray (olive oil or avocado oil)

## DIRECTIONS

1. Cut mozzarella sticks in half to make 16 pieces. Freeze on a parchment-lined baking sheet for at least 1 hour.
2. Beat an egg in one bowl. Mix almond flour, Parmesan, garlic powder, onion powder, Italian seasoning, salt, and pepper in another bowl. Dip frozen sticks in egg, then coat in the almond flour mixture, repeating to double coat. Freeze for another hour.
3. Preheat the air fryer to 400°F (200°C) and spray the basket with cooking spray. Arrange mozzarella sticks in a single layer and spray the tops. Air fry for 6-8 minutes until golden brown and crispy, watching to prevent cheese from oozing.
4. Serve immediately with optional marinara sauce for dipping.

# AIR-FRIED CHEESE CRISPS

PREP: 5 MIN

COOK: 5-7 MIN

SERVES: 4

## INGREDIENTS

- 1 cup shredded cheddar cheese (or any hard cheese like Parmesan or Gouda)
  - 1/2 tsp garlic powder (optional)
  - 1/2 tsp paprika (optional)
  - Salt and pepper to taste
- Optional Ingredients:**
- 1/2 tsp Italian seasoning (for a herby flavor)
  - 1/2 tsp chili flakes (for a spicy kick)

## DIRECTIONS

1. Preheat the air fryer to 375°F (190°C).
2. Mix shredded cheese with garlic powder, paprika, salt, and pepper in a bowl.
3. Line the air fryer basket with parchment paper. Place tablespoon-sized mounds of the cheese mixture in the basket, flattening them slightly and spacing them apart.
4. Air fry at 375°F (190°C) for 5-7 minutes until melted and golden brown, watching to prevent burning.
5. Remove crisps and place on a paper towel-lined plate to cool and crisp up.
6. Enjoy as a snack or with your favorite dip.

# GARLIC BUTTER AIR-FRIED SHRIMP

PREP: 10 MIN

COOK: 8-10 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450g) large shrimp, peeled and deveined
- 3 tbsp unsalted butter, melted
- 4 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp fresh parsley, chopped (optional)
- Lemon wedges (for serving)

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C).
2. Mix melted butter, minced garlic, lemon juice, paprika, salt, and black pepper in a bowl. Add shrimp and toss to coat; marinate for 5 minutes.
3. Place shrimp in a single layer in the air fryer basket. Air fry at 400°F (200°C) for 8–10 minutes, shaking halfway through, until pink and opaque.
4. Transfer shrimp to a platter, sprinkle with fresh parsley if desired, and serve with lemon wedges.

# KETO-FRIENDLY JALAPEÑO POPPERS

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 8 large jalapeño peppers
- 8 oz (225g) cream cheese, softened
- 1 cup shredded cheddar cheese
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- Salt and pepper to taste
- 8 slices of bacon, halved

## DIRECTIONS

1. Preheat the air fryer to 375°F (190°C). Halve jalapeños lengthwise and remove seeds and membranes (wear gloves to avoid irritation).
2. Mix softened cream cheese, shredded cheddar, garlic powder, onion powder, paprika, salt, and pepper in a bowl. Fill each jalapeño half with the mixture.
3. Wrap each filled jalapeño with a half slice of bacon, securing it with a toothpick if needed.
4. Arrange wrapped jalapeños in a single layer in the air fryer basket. Air fry at 375°F (190°C) for 10 minutes until bacon is crispy and jalapeños are tender.
5. Let cool slightly before serving.

# AIR FRYER CAULIFLOWER MAC AND CHEESE

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

## INGREDIENTS

- 1 cup elbow macaroni
- 1 small head of cauliflower, cut into florets
- 1 cup shredded cheddar cheese
- 1/2 cup grated Parmesan cheese
- 1 cup milk (any type, including plant-based)
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 1/2 tsp garlic powder (optional)
- 1/2 tsp onion powder (optional)
- Salt and pepper to taste
- 1/4 cup breadcrumbs (optional for topping)
- 1 tbsp olive oil (optional for breadcrumbs)

## DIRECTIONS

1. Boil salted water in a large pot: add elbow macaroni and cook for 4 minutes. Add cauliflower florets and cook for another 4-5 minutes until tender but firm. Drain and set aside.
2. In a saucepan, melt butter over medium heat. Stir in flour and cook for 1 minute to form a roux. Gradually whisk in milk, stirring until thickened (3-5 minutes). Remove from heat and mix in cheddar, Parmesan, garlic powder, onion powder, salt, and pepper until smooth.
3. In a bowl, combine cooked pasta, cauliflower, and cheese sauce. Transfer to an air fryer-safe baking dish.
4. Mix breadcrumbs with olive oil and sprinkle over the mac and cheese mixture.
5. Preheat the air fryer to 392°F (200°C) and cook for 10-12 minutes until golden and crispy.
6. Let cool for a few minutes before serving, garnishing with fresh herbs if desired.

# KETO AIR-FRIED SALMON PATTIES

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 1 can (14.75 oz) salmon, drained and flaked
- 1/4 cup almond flour
- 1/4 cup grated Parmesan cheese
- 1 large egg
- 2 tbsp mayonnaise (preferably avocado oil-based)
- 1 tbsp Dijon mustard
- 1 tbsp fresh dill, chopped (or 1 tsp dried dill)
- 1 tbsp fresh chives, chopped (or 1 tsp dried chives)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper to taste
- Olive oil spray

## DIRECTIONS

1. Combine flaked salmon, almond flour, Parmesan, egg, mayonnaise, Dijon mustard, dill, chives, garlic powder, onion powder, salt, and pepper in a bowl. Mix well.
2. Divide mixture into 8 portions and shape into 1/2-inch thick patties.
3. Preheat Air Fryer to 392°F (200°C) for 3 minutes.
4. Lightly spray the air fryer basket with olive oil. Place patties in a single layer, spray tops with olive oil, and air fry at 392°F (200°C) for 8-10 minutes, flipping halfway, until golden and crispy.
5. Let cool slightly before serving, garnished with fresh dill or chives and lemon wedges if desired.

# AIR FRYER ZUCCHINI NOODLES WITH PESTO

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 4 medium zucchinis, spiralized into noodles
- 1 cup cherry tomatoes, halved (optional)
- 1/2 cup pesto sauce (store-bought or homemade)
- 2 tbsp olive oil
- Salt and pepper to taste
- 1/4 cup grated Parmesan cheese (optional for garnish)
- Fresh basil leaves (optional for garnish)

## DIRECTIONS

1. Spiralize zucchini into noodles, toss with a pinch of salt, and let sit for 10 minutes to release moisture. Pat dry.
2. Preheat Air Fryer to 392°F (200°C) for 3 minutes.
3. Toss noodles with 1 tablespoon olive oil, salt, and pepper. Place in the air fryer basket in a single layer. Air fry at 392°F (200°C) for 5-7 minutes, shaking halfway, until tender yet crisp.
4. Mix cooked noodles with pesto and cherry tomatoes (if using) in a bowl.
5. Transfer to plates and optionally garnish with grated Parmesan and fresh basil.

# KETO AIR-FRIED CHICKEN TENDERS

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

## INGREDIENTS

- 1 lb boneless, skinless chicken breast tenders
- 1 large egg
- 1 tbsp heavy cream
- 1/2 cup almond flour
- 1/4 cup grated Parmesan cheese
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Olive oil spray

## DIRECTIONS

1. Beat the egg and heavy cream in a bowl. Mix the almond flour, Parmesan, sea salt, black pepper, garlic powder, and paprika in another bowl.
2. Dip chicken tenders in the egg mixture, then coat with the almond flour mixture, pressing lightly to adhere.
3. Preheat Air Fryer to 392°F (200°C) for 3 minutes.
4. Spray the air fryer basket with olive oil. Place tenders in a single layer, spray tops with olive oil, and air fry for 6 minutes. Flip and cook another 6 minutes until golden and crispy.
5. Let cool slightly, then optionally garnish with parsley or serve with a low-carb dipping sauce.

# AIR-FRIED BRUSSELS SPROUTS WITH BACON

PREP: 10 MIN

COOK: 12 MIN

SERVES: 4

## INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 4 slices bacon, chopped
- 1 tbsp olive oil
- Salt and pepper, to taste
- Optional: 1 tsp balsamic glaze for added flavor

## DIRECTIONS

1. Preheat the Air Fryer to 375°F (190°C).
2. In a large bowl, toss Brussels sprouts with olive oil, salt, and pepper. Add chopped bacon and stir to combine.
3. Place the Brussels sprouts and bacon mixture in the air fryer basket in a single layer. Cook at 375°F (190°C) for 12-15 minutes, shaking the basket halfway through, until the Brussels sprouts are crispy and the bacon is fully cooked.
4. Transfer to a serving dish, drizzle with balsamic glaze if desired, and enjoy warm!

# KETO TURKEY MEATBALLS

PREP: 10 MIN

COOK: 12 MIN

SERVES: 4

## INGREDIENTS

1. 1 lb (450g) lean ground turkey
2. 1/4 cup almond flour
3. 1 large egg
4. 2 tbsp finely chopped fresh parsley
5. 1/2 tsp garlic powder
6. 1/2 tsp onion powder
7. 1 tbsp grated Parmesan cheese
8. Salt and pepper to taste
9. Cooking oil spray (e.g., olive oil or avocado oil)
10. Optional Ingredients:
11. 1/2 tsp chili powder (for a bit of heat)
12. 1/2 tsp Italian seasoning (for a different flavor profile)
13. Fresh basil or cilantro for garnish

## DIRECTIONS

1. Preheat Air Fryer to 400°F (200°C) for 5 minutes.
2. Mix ground turkey, almond flour, egg, parsley, garlic powder, onion powder, Parmesan cheese, salt, and pepper until combined.
3. Shape the mixture into 1 1/2-inch meatballs (about 16 total).
4. Spray the air fryer basket with cooking oil. Place meatballs in a single layer, lightly spray the tops, and cook at 400°F (200°C) for 12 minutes, flipping halfway, until they reach 165°F (74°C).
5. Let rest for a few minutes and garnish with fresh basil or cilantro, if desired.

## AIR-FRIED STUFFED MUSHROOMS

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

- 12 large white or cremini mushrooms
- 1/2 cup cream cheese, softened
- 1/4 cup grated Parmesan cheese
- 1/4 cup finely chopped spinach
- 2 tbsp finely chopped green onions
- 1 garlic clove, minced
- 1/4 tsp salt
- 1/4 tsp black pepper
- Cooking oil spray (e.g., olive oil or avocado oil)
- **Optional Ingredients:**
- 1/4 tsp red pepper flakes (for a bit of heat)
- 1/4 tsp dried Italian seasoning (for extra flavor)
- Fresh parsley or chives for garnish

### DIRECTIONS

1. Preheat Air Fryer to 375°F (190°C) for 5 minutes.
2. Clean mushrooms, remove stems, and chop stems finely.
3. Mix a bowl of cream cheese, Parmesan, chopped spinach, green onions, garlic, salt, and pepper. Stir in chopped mushroom stems.
4. Fill each mushroom cap with the mixture, pressing down slightly.
5. Spray the air fryer basket with cooking oil. Place stuffed mushrooms in a single layer and cook at 375°F (190°C) for 10 minutes until tender and golden brown.
6. Let cool for a few minutes and garnish with fresh parsley or chives, if desired.

## KETO ALMOND FLOUR BISCUITS

PREP: 10 MIN

COOK: 10 MIN

SERVES: 8

### INGREDIENTS

- 2 cups almond flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2 large eggs
- 1/4 cup melted butter (or coconut oil)
- 1/4 cup sour cream
- **Optional Ingredients:**
- 1/2 cup shredded cheddar cheese (for cheesy biscuits)
- 1/2 tsp garlic powder (for garlic flavor)
- Fresh herbs like rosemary or thyme for garnish

### DIRECTIONS

1. Preheat Air Fryer to 330°F (165°C) for 5 minutes.
2. In a bowl, mix almond flour, baking powder, and salt. In another bowl, whisk eggs, melted butter, and sour cream until smooth. Combine wet and dry ingredients to form a dough. Fold in optional ingredients if using.
3. Scoop 1/4 cup of dough for each biscuit and shape into rounds (about 8 total).
4. Spray the air fryer basket with oil. Place biscuits in a single layer and cook at 330°F (165°C) for 8-10 minutes until golden brown and firm.
5. Let cool for a few minutes and garnish with fresh herbs, if desired.

## AIR-FRIED BUFFALO CHICKEN BITES

PREP: 10 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

- 1 lb (450g) boneless, skinless chicken breasts
- 1/2 cup hot sauce (e.g., Frank's RedHot)
- 2 tbsp melted butter (or ghee)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp paprika
- Salt and pepper to taste
- Cooking oil spray (e.g., olive oil or avocado oil)

### DIRECTIONS

1. Preheat Air Fryer to 400°F (200°C) for 5 minutes.
2. Cut chicken breasts into 1-inch cubes.
3. Mix hot sauce, melted butter, garlic powder, onion powder, paprika, salt, and pepper in a bowl. Toss chicken pieces to coat evenly.
4. Spray the air fryer basket with oil. Place chicken in a single layer and cook at 400°F (200°C) for 12 minutes, shaking halfway through.
5. Let cool for a few minutes, then garnish with parsley or chives. Serve with blue cheese or ranch dressing for dipping.

## CRISPY AIR FRYER ZUCCHINI CHIPS

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

- 2 medium zucchinis
- 1/2 cup almond flour
- 1/2 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 large eggs
- Cooking oil spray (e.g., olive oil or avocado oil)

### DIRECTIONS

1. Preheat Air Fryer to 400°F (200°C) for 5 minutes.
2. Slice zucchini into 1/8-inch rounds and pat dry with paper towels.
3. In one bowl, mix almond flour, Parmesan, garlic powder, paprika, salt, and pepper (add cayenne for spice). In another bowl, beat the eggs.
4. Dip each slice in egg, then coat with the almond flour mixture, pressing lightly.
5. Spray the air fryer basket with oil. Arrange zucchini in a single layer and cook at 400°F (200°C) for 10-15 minutes, flipping halfway, until golden and crispy.
6. Let cool for a few minutes, and garnish with parsley or chives if desired.

## CHAPTER 10

# Gluten-Free and Dairy-Free Recipes

# GLUTEN-FREE CHICKEN TENDERS

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450g) chicken tenders
- 1 cup gluten-free breadcrumbs
- 1/2 cup gluten-free all-purpose flour
- 2 large eggs
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/2 tsp black pepper
- Olive oil spray

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C) for 5 minutes.
2. Combine gluten-free flour, garlic powder, onion powder, paprika, salt, and pepper in one bowl. In a second bowl, beat eggs. In a third bowl, place gluten-free breadcrumbs (add Parmesan if desired).
3. Dredge chicken tenders in the flour mix, dip in eggs, and coat with breadcrumbs, pressing gently.
4. Spray the air fryer basket with olive oil.
5. Arrange chicken in a single layer and spray top with olive oil.
6. Cook for 6 minutes, flip, then cook for another 6 minutes until golden and cooked through (165°F or 74°C internal temperature).
7. Garnish with parsley and enjoy with your favorite dipping sauce.

# AIR-FRIED SWEET POTATO TATER TOTS

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 2 large sweet potatoes (about 1 lb or 450g)
- 1/2 cup gluten-free breadcrumbs
- 1/4 cup grated Parmesan cheese (optional)
- 1 large egg
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- Olive oil spray

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C) for 5 minutes.
2. Peel and grate sweet potatoes, then squeeze out moisture using a towel.
3. Combine grated sweet potatoes, gluten-free breadcrumbs, Parmesan (if using), egg, garlic powder, onion powder, paprika, salt, and pepper in a bowl. Mix well.
4. Shape small portions of the mixture into cylindrical tots.
5. Spray the air fryer basket with olive oil, arrange the tots in a single layer, and spray the tops.
6. Cook for 10 minutes, then shake or flip and cook for another 5 minutes until golden and crispy.
7. Garnish with parsley and enjoy with your favorite dipping sauce.

# VEGAN GLUTEN-FREE SPRING ROLLS

PREP: 20 MIN

COOK: 12 MIN

SERVES: 4

## INGREDIENTS

- 8 rice paper wrappers
- 1 cup shredded cabbage
- 1 cup shredded carrots
- 1/2 cup thinly sliced bell peppers
- 1/2 cup thinly sliced mushrooms
- 1/4 cup thinly sliced green onions
- 1/4 cup fresh cilantro, chopped
- 1 tbsp soy sauce or tamari (gluten-free)
- 1 tsp sesame oil
- 1 tsp garlic powder
- 1 tsp ginger powder
- Olive oil spray

## DIRECTIONS

1. Preheat air fryer to 375°F (190°C) for 5 minutes.
2. Mix shredded cabbage, carrots, bell peppers, mushrooms, green onions, cilantro, soy sauce (or tamari), sesame oil, garlic powder, and ginger powder in a bowl.
3. Soak a rice paper wrapper in warm water for 10-15 seconds until pliable.
4. Place it on a surface and add 2 tablespoons of the filling to the center.
5. Fold the sides over the filling and roll tightly from the bottom. Repeat with the remaining wrappers.
6. Spray the air fryer basket with olive oil, arrange spring rolls in a single layer, and spray the tops.
7. Cook for 6 minutes, flip, then cook for another 6 minutes until golden and crispy.
8. Garnish with sesame seeds and enjoy with your favorite dipping sauce.

# DAIRY-FREE AIR-FRIED STUFFED PEPPERS

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 4 large bell peppers (any color)
- 1 cup cooked quinoa or brown rice
- 1 cup black beans, drained and rinsed
- 1/2 cup corn kernels (fresh, frozen, or canned)
- 1/2 cup diced tomatoes
- 1/4 cup diced onions
- 1/4 cup diced bell peppers (from the tops)
- 1 tbsp olive oil,
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp smoked paprika, 1/2 tsp salt
- 1/4 tsp black pepper
- Olive oil spray

## DIRECTIONS

1. Preheat the air fryer to 360°F (180°C) for 5 minutes.
2. Cut off the tops of the bell peppers, remove seeds, and dice the tops.
3. Mix cooked quinoa (or brown rice), black beans, corn, tomatoes, onions, bell peppers, olive oil, garlic powder, cumin, smoked paprika, salt, and pepper in a bowl.
4. Fill each pepper with the quinoa mixture, pressing gently to pack it.
5. Spray the air fryer basket with olive oil, arrange the stuffed peppers without overlapping, and spray the tops.
6. Cook for 12-15 minutes until the peppers are tender and the filling is heated.
7. Garnish with cilantro and enjoy with your favorite dairy-free sauce or salsa.

# GLUTEN-FREE FISH STICKS

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 lb (450g) cod fillets (or any white fish like haddock or tilapia)
- 1/2 cup gluten-free breadcrumbs
- 1/4 cup gluten-free all-purpose flour
- 2 large eggs
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/2 tsp black pepper
- Olive oil spray

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C) for 5 minutes.
2. Mix gluten-free flour with garlic powder, onion powder, paprika, salt, and pepper in one bowl. In a second bowl, beat eggs. In a third bowl, place gluten-free breadcrumbs (add Parmesan if desired).
3. Cut cod fillets into 1-inch wide strips.
4. Dredge fish strips in the flour mix, dip in eggs, then coat with breadcrumbs, pressing gently.
5. Spray the air fryer basket with olive oil, place fish sticks in a single layer, and spray the tops. Cook for 10-12 minutes, flipping halfway, until golden and crispy (145°F or 63°C internal temperature).
6. Garnish with parsley and enjoy with your favorite dipping sauce, like tartar or lemon wedges.

# HEALTHY AIR FRYER FALAFEL

PREP: 20 MIN

COOK: 15-18 MIN

SERVES: 4

## INGREDIENTS

- 1 cup dried chickpeas (soaked overnight)
- 1 small onion, roughly chopped
- 3 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp chili powder (optional for extra spice)
- 2 tbsp gluten-free flour (e.g., chickpea flour)
- 1 tbsp olive oil (plus more for spraying)

## DIRECTIONS

1. Soak dried chickpeas in water overnight (or at least 12 hours). Drain and pat dry.
2. In a food processor, pulse the soaked chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, baking powder, salt, pepper, and chili powder until coarse. Add the gluten-free flour and olive oil and pulse until combined.
3. Shape the mixture into golf ball-sized balls or patties.
4. Preheat air fryer to 350°F (180°C).
5. Spray the air fryer basket with olive oil. Place the falafel in a single layer, spraying the tops with olive oil. Cook for 15-18 minutes, turning halfway, until golden and crispy.

# HEALTHY GLUTEN-FREE AIR FRYER FRIED PICKLES

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 1 jar dill pickle chips (about 2 cups, drained)
- 1/2 cup gluten-free flour (e.g., chickpea flour or rice flour)
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper (optional for extra spice)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 large eggs
- 1 cup gluten-free breadcrumbs (e.g., panko-style)
- Olive oil spray

## DIRECTIONS

1. Drain and pat dry pickle chips.
2. Bowl 1: Mix gluten-free flour, garlic powder, paprika, cayenne (optional), salt, and pepper. Bowl 2: Beat eggs. Bowl 3: Add gluten-free breadcrumbs.
3. Coat each pickle chip in flour, then egg and breadcrumbs.
4. Preheat air fryer to 400°F (200°C).
5. Spray the air fryer basket with olive oil, arrange pickles in a single layer, and spray tops.
6. Air fry for 5 minutes, flip, spray again, and cook for another 5 minutes until golden and crispy.

# HEALTHY DAIRY-FREE AIR-FRIED DONUTS

PREP: 20 MIN

COOK: 10-12 MIN

SERVES: 8 DONUTS

## INGREDIENTS

- 2 cups all-purpose flour (or gluten-free flour blend)
- 1/4 cup sugar
- 2 1/4 tsp active dry yeast (1 packet)
- 1/2 tsp salt
- 1/2 cup warm dairy-free milk (e.g., almond milk, soy milk)
- 1/4 cup water
- 2 tbsp coconut oil (melted)
- 1 tsp vanilla extract
- Olive oil spray

## DIRECTIONS

1. Mix warm dairy-free milk with sugar, add yeast, and sit for 5-10 minutes until frothy.
2. Combine flour and salt in a large bowl. Add yeast mixture, water, coconut oil, and vanilla. Mix to form a dough.
3. Knead on a floured surface for 5-7 minutes until smooth. Cover in an oiled bowl, and let rise for 1 hour until doubled.
4. Roll dough to 1/2-inch thickness and cut out donut shapes.
5. Preheat the air fryer to 350°F (180°C).
6. Spray the air fryer basket with olive oil, arrange the donuts in a single layer, and spray the tops. Air fry for 10-12 minutes, flipping halfway, until golden brown.

# HEALTHY AIR FRYER STUFFED ZUCCHINI BOATS

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 4 medium zucchinis
- 1 cup cooked quinoa (or rice)
- 1/2 cup black beans, drained and rinsed
- 1/2 cup corn kernels (fresh, frozen, or canned)
- 1/2 cup diced tomatoes
- 1/4 cup diced red onion
- 1/4 cup chopped bell pepper
- 1/4 cup chopped fresh cilantro
- 1 tsp ground cumin, 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp salt, 1/4 tsp black pepper
- 1/2 cup shredded dairy-free cheese (optional)
- Olive oil spray

## DIRECTIONS

1. Halve zucchinis lengthwise and scoop out the centers, leaving 1/4-inch thick shells. Set aside the scooped flesh.
2. Mix cooked quinoa, black beans, corn, diced tomatoes, red onion, bell pepper, cilantro, cumin, chili powder, garlic powder, salt, and pepper in a bowl.
3. Fill each zucchini boat with the quinoa mixture, pressing lightly. Optional: top with shredded dairy-free cheese.
4. Preheat Air Fryer to 375°F (190°C).
5. Lightly spray the air fryer basket with olive oil. Place zucchini boats in a single layer. Air fry for 12-15 minutes, until tender and filling is hot. If using cheese, it should be melted.

# HEALTHY GLUTEN-FREE AIR FRYER CHICKEN WINGS

PREP: 10 MIN

COOK: 20-25 MIN

SERVES: 4

## INGREDIENTS

- 2 lbs chicken wings
- 1 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp cayenne pepper (optional for extra spice)
- 1/2 tsp baking powder (helps to make the wings crispy)

## DIRECTIONS

1. Pat chicken wings dry with paper towels.
2. Mix olive oil, salt, black pepper, garlic powder, paprika, onion powder, cayenne (optional), and baking powder in a bowl. Toss wings to coat evenly.
3. Preheat Air Fryer to 400°F (200°C).
4. Spray the air fryer basket with olive oil. Arrange the wings in a single layer without overlapping. Air fry for 20-25 minutes, flipping halfway, until golden and crispy. The internal temperature should reach 165°F (74°C).

# DAIRY-FREE AIR-FRIED CHEESECAKE BITES

PREP: 15 MIN

COOK: 10 MIN

SERVES: 12 cheesecake bites

## INGREDIENTS

### **Crust:**

- 1 cup dairy-free graham cracker crumbs
- 2 tbsp coconut oil, melted
- 1 tbsp maple syrup

### **Filling:**

- 1 cup dairy-free cream cheese (e.g., almond or cashew-based)
- 1/4 cup coconut sugar
- 1 tsp vanilla extract
- 1 tbsp lemon juice
- 1 tbsp cornstarch
- 1/4 cup coconut milk (full-fat)

## DIRECTIONS

1. Mix graham cracker crumbs, melted coconut oil, and maple syrup in a bowl. Press 1 tablespoon of the mixture into each silicone muffin cup or ramekin.
2. Beat dairy-free cream cheese until smooth. Add coconut sugar, vanilla, lemon juice, and cornstarch. Mix in coconut milk until creamy.
3. Spoon filling over crust, filling each cup 3/4 full.
4. Preheat the air fryer to 160°C (320°F). Place the cups in a single layer in the basket. Air fry for 8–10 minutes until the tops are set and slightly golden. Cool completely.
5. Remove from cups and top with berries, chocolate shavings, or mint if desired.

# GLUTEN-FREE ROASTED CAULIFLOWER

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

## INGREDIENTS

- 1 medium head of cauliflower, cut into florets
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp turmeric (optional)
- 1/4 tsp chilib powder (optional, for a bit of heat)
- Fresh parsley, chopped (optional, for garnish)

## DIRECTIONS

1. Cut cauliflower into bite-sized florets. Toss with olive oil, garlic powder, smoked paprika, salt, black pepper, and optional turmeric and chili powder.
2. Preheat Air Fryer to 200°C (400°F) for 3 minutes.
3. Place cauliflower in a single layer in the air fryer basket. Air fry at 200°C (400°F) for 12–15 minutes, shaking halfway, until golden and crispy.
4. Transfer to a dish and garnish with fresh parsley if desired.

# DAIRY-FREE AIR-FRIED MOZZARELLA STICKS

PREP: 20 MIN

COOK: 8 MIN

SERVES: 12 mozzarella sticks

## INGREDIENTS

- 12 dairy-free mozzarella sticks (e.g., almond or cashew-based)
- 1 cup gluten-free all-purpose flour
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp black pepper
- 2 large eggs (or flax eggs for vegan option)
- 2 cups gluten-free panko breadcrumbs
- Olive oil spray

## DIRECTIONS

1. Cut dairy-free mozzarella into sticks if needed. Freeze for at least 1 hour.
2. Mix flour, garlic powder, onion powder, oregano, salt, and black pepper in one bowl. In a second bowl, beat eggs (or flax eggs). In a third bowl, add panko breadcrumbs.
3. Coat each frozen mozzarella stick in flour, dip in egg, then cover with panko. For extra crispiness, repeat the egg and panko steps. Freeze on a baking sheet for 30 minutes.
4. Preheat the air fryer to 200°C (400°F). Lightly spray the basket with olive oil. Arrange mozzarella sticks in a single layer, spray the tops lightly, and air fry for 6-8 minutes, turning halfway, until golden and crispy.
5. Cool slightly and serve with dairy-free marinara or dipping sauce.

# GLUTEN-FREE BROWNIE BITES

PREP: 15 MIN

COOK: 15 MIN

SERVES: 12 brownie bites

## INGREDIENTS

- 1/2 cup gluten-free all-purpose flour
- 1/4 cup cocoa powder
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup coconut sugar
- 1/4 cup melted coconut oil (or dairy-free butter)
- 2 large eggs (or flax eggs for vegan option)
- 1 tsp vanilla extract
- 1/4 cup dairy-free chocolate chips (optional)
- Olive oil spray

## DIRECTIONS

1. Whisk gluten-free flour, cocoa powder, baking powder, and salt in a bowl. Mix coconut sugar, melted coconut oil, eggs, and vanilla in another bowl. Combine wet and dry ingredients, then fold in dairy-free chocolate chips if using.
2. Preheat Air Fryer to 160°C (320°F) for 3 minutes.
3. Lightly spray silicone muffin cups or ramekins. Fill cups 3/4 full with batter.
4. Place cups in the basket in a single layer. Air fry at 160°C (320°F) for 12-15 minutes until a toothpick comes out clean. Cool slightly before removing.
5. Remove from cups and dust with powdered sugar or top with fresh berries.

# VEGAN & GLUTEN-FREE CHURROS

PREP: 15 MIN

COOK: 10 MIN

SERVES: 12 churros

## INGREDIENTS

- 1 cup gluten-free all-purpose flour (ensure it contains xanthan gum)
- 1 cup water
- 2 tbsp coconut oil
- 2 tbsp coconut sugar
- 1/2 tsp salt
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon (optional)
- Olive oil spray
- Cinnamon Sugar Coating:
- 1/4 cup coconut sugar
- 1 tsp ground cinnamon

## DIRECTIONS

1. Boil water, coconut oil, coconut sugar, and salt in a saucepan. Remove from heat and stir in gluten-free flour and vanilla until a dough forms. Let cool slightly.
2. Preheat the Air Fryer to 180°C (350°F) for 3 minutes.
3. Use a piping bag with a star tip to pipe 4-5 inch strips onto parchment paper.
4. Spray the air fryer basket with olive oil. Place the churros in a single layer, spray the tops, and air fry at 180°C (350°F) for 10 minutes, turning halfway, until golden and crispy.
5. Mix coconut sugar and cinnamon. Roll warm churros in the mixture.
6. Enjoy with dairy-free chocolate or caramel dipping sauce.

# AIR FRYER COCONUT SHRIMP

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

## INGREDIENTS

- 12 ounces medium shrimp, peeled and deveined
- 1/2 cup all-purpose flour
- 1/2 tsp garlic powder (optional)
- 1/2 tsp paprika (optional)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 large eggs
- 2/3 cup unsweetened flaked coconut
- 1/3 cup panko bread crumbs
- Cooking spray

## DIRECTIONS

1. Pat shrimp dry with paper towels.
2. Mix flour, garlic powder, paprika, salt, and pepper in one dish. In a second dish, beat eggs. In a third dish, combine coconut flakes and panko.
3. Dredge shrimp in the flour mixture, dip in eggs, and coat with the coconut-panko mixture, pressing gently to adhere.
4. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
5. Spray the air fryer basket with cooking spray. Arrange the shrimp in a single layer and spray the tops. Air fry for 5 minutes, flip, and cook for 3-5 minutes until golden and crispy.
6. Remove shrimp and serve immediately.

# GLUTEN-FREE FRENCH FRIES

PREP: 10 MIN

COOK: 20-25 MIN

SERVES: 4

## INGREDIENTS

- 4 medium russet potatoes
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder (optional)
- 1/2 tsp paprika (optional)

## DIRECTIONS

1. Peel (if desired) and cut potatoes into 1/4-inch thick fries.
2. Soak the cut potatoes in cold water for at least 30 minutes to remove excess starch.
3. Preheat Air Fryer to 400°F (200°C) for 3-5 minutes.
4. Drain and pat the potatoes dry with a towel.
5. Toss the potatoes in a bowl with olive oil, salt, pepper, garlic powder, and paprika until evenly coated.
6. Spray the air fryer basket with cooking spray. Arrange fries in a single layer, cooking in batches if necessary. Air fry at 400°F (200°C) for 20-25 minutes, shaking halfway through.
7. Remove fries and serve immediately.

# DAIRY-FREE CHOCOLATE CHIP COOKIES

PREP: 10 MIN

COOK: 8-10 MIN

SERVES: 12 cookies

## INGREDIENTS

- 1 1/4 cups all-purpose flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup coconut oil, melted and cooled
- 1/2 cup brown sugar, packed
- 1/4 cup granulated sugar
- 1 tsp vanilla extract
- 1 large egg (or flax egg for the vegan option)
- 1 cup dairy-free chocolate chips

## DIRECTIONS

1. In a bowl, whisk flour, baking soda, and salt. In another bowl, beat coconut oil, brown sugar, and granulated sugar until combined. Add vanilla extract and egg (or flax egg), mixing until smooth. Gradually mix in the dry ingredients, then fold in dairy-free chocolate chips.
2. Preheat Air Fryer to 300°F (150°C) for 3 minutes.
3. Line the air fryer basket with parchment paper. Scoop tablespoon-sized balls of dough onto the paper, spacing them apart.
4. Air fry at 300°F (150°C) for 8-10 minutes until edges are golden. Cool in the basket for a few minutes before transferring to a wire rack to cool completely.

# GLUTEN-FREE AIR-FRIED EGGPLANT

PREP: 15 MIN

COOK: 15-20 MIN

SERVES: 4

## INGREDIENTS

- 1 large eggplant
- 1/2 cup gluten-free all-purpose flour
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder (optional)
- 1/2 tsp paprika (optional)
- 2 large eggs (or flax eggs for the vegan option)
- 1 cup gluten-free panko bread crumbs
- 1/4 cup grated Parmesan cheese (optional, for non-vegan)
- Cooking spray

## DIRECTIONS

1. Slice eggplant into 1/4-inch rounds, sprinkle with salt, and let sit for 10 minutes to draw out moisture. Pat dry with a paper towel.
2. Mix gluten-free flour, salt, pepper, garlic powder, and paprika in one dish. In a second dish, beat eggs. In a third dish, combine gluten-free panko and Parmesan (if using).
3. Dredge each slice in the flour mixture, dip in eggs, then coat with the panko mixture, pressing gently.
4. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
5. Spray the air fryer basket with cooking spray. Place eggplant slices in a single layer, spraying the tops. Air fry at 375°F (190°C) for 15-20 minutes, flipping halfway, until golden and crispy.
6. Remove from air fryer and serve immediately.

# CAULIFLOWER NUGGETS

PREP: 15 MIN

COOK: 15-20 MIN

SERVES: 4

## INGREDIENTS

- 1 medium head of cauliflower, cut into bite-sized florets
- 1/2 cup gluten-free all-purpose flour
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder (optional)
- 1/2 tsp paprika (optional)
- 2 large eggs (or flax eggs for vegan option)
- 1 cup gluten-free panko bread crumbs
- 1/4 cup nutritional yeast (optional, for a cheesy flavor)
- Cooking spray

## DIRECTIONS

1. Cut cauliflower into bite-sized florets and pat dry with a paper towel.
2. Mix gluten-free flour, salt, pepper, garlic powder, and paprika in one dish. In another, beat eggs. In a third dish, combine gluten-free panko and nutritional yeast (if using).
3. Dredge the florets in the flour mixture, dip them in eggs, and then coat them with the panko mixture, pressing gently.
4. Preheat Air Fryer to 375°F (190°C) for 3 minutes.
5. Spray the air fryer basket with cooking spray. Arrange florets in a single layer and spray the tops. Air fry at 375°F (190°C) for 15-20 minutes, shaking halfway, until golden and crispy.
6. Remove from air fryer and serve immediately.

## CHAPTER 11

# Tips & Tricks for Air Fryer Success

# MAXIMIZING YOUR AIR FRYER'S POTENTIAL

- **Cooking multiple dishes at once.**

Cooking multiple dishes simultaneously in an air fryer can be a real time-saver if done correctly. Here are tips to help you multitask efficiently while maintaining great flavor and texture in your dishes.

- **Plan with Compatible Recipes.** Select recipes with similar cooking temperatures and times. For example, you can cook Air-Fried Cauliflower Steaks and Crispy Brussels Sprouts together because they need around 380°F for 10–15 minutes. Adjust the cooking times slightly if needed, but keep the temperature consistent.
- **Use Dividers or Foil.** To separate different ingredients, use air fryer-safe dividers or create small foil packets. For example, if making Air-Fried Chickpea Patties and Spicy Air-Fried Falafel, wrap the falafel in a small foil packet to prevent mixing with the chickpea patties.
- **Stagger the Cooking Times.** Start cooking the dish longer, then add the quicker-cooking dish later. For example, if making Roasted Portobello Mushrooms (which take around 12 minutes) and Crispy Kale Chips (about 6 minutes), put the mushrooms in first and add the kale halfway through.
- **Shake or Rotate Regularly.** To ensure even cooking, shake the basket or rotate the dishes halfway through the cooking time, especially when the air fryer is packed. For example, when cooking Vegan Stuffed Bell Peppers and Air-Fried Zucchini Boats, check halfway through and switch the placement of the dishes to ensure even heat distribution.
- **Use Multiple Shelves or Baskets.** If your air fryer has multiple shelves, use them! Place smaller items, like Air-Fried Vegan Meatballs, on the top shelf where they can cook faster, while more oversized items, like Stuffed Acorn Squash, go on the bottom.
- **Monitor and Adjust as Needed.** Keep a close eye on your dishes, especially when cooking different foods simultaneously. Sometimes, one dish might finish a little sooner, so be ready to pull out items like Crispy Popcorn Chicken when they reach the desired level of crispiness while allowing slower dishes, like Air-Fried Mozzarella Sticks, to cook longer.

# MAXIMIZING YOUR AIR FRYER'S POTENTIAL

- **Making foods crispier without extra oil.**

To make food more crispy in an air fryer without adding extra oil, follow these specific tips:

**Preheat the Air Fryer.** Preheating your air fryer ensures the food starts cooking immediately when placed inside, helping create a crispy outer layer. Preheat 3-5 minutes at the desired cooking temperature (usually 375°F to 400°F).

**Avoid Overcrowding.** Air circulation is key to crispiness. Place food in a single layer in the basket, leaving space between each item. If necessary, cook in batches to avoid overcrowding, which can lead to steaming rather than crisping.

**Use a Light Coating of Starch.** Coating vegetables or proteins with cornstarch, potato starch, or arrowroot powder can enhance the crispiness. The starch absorbs moisture and promotes a crunchy texture during air frying.

**Pat Ingredients Dry.** Moisture prevents food from becoming crispy. Before air-frying, dry ingredients (like vegetables or tofu) with a paper towel to remove excess water. This helps achieve a more consistent and crispy texture.

**Shake or Flip Halfway.** For even crisping, shake the basket or flip the food halfway through cooking. This ensures that all sides get exposed to the hot air, preventing soggy spots and promoting a golden crust.

**Use Parchment Paper Sparingly.** If you use parchment paper, ensure there are holes or gaps for airflow. Blocking the air circulation can reduce crispiness. Try only to use parchment for sticky or delicate foods.

**Cook at a Higher Temperature.** For extra crispness, cook at a higher temperature (375°F to 400°F) for the last few minutes of cooking. This boosts the browning and crisping effect without adding oil.

Following these steps, you can enjoy crispy food in your air fryer without additional oil!

- **HOW TO KEEP YOUR AIR FRYER IN TOP CONDITION**

Maintaining your air fryer in top condition ensures it lasts longer and continues to deliver the best cooking results. Here are a few simple but essential tips to help you take care of your air fryer:

**Clean After Every Use.** Clean your air fryer after each use to maintain performance and flavor. Once cooled, wipe the basket, tray, and interior with a soft cloth and mild soap. Avoid harsh scrubbing or metal utensils to protect the nonstick coating.

**Use Parchment Paper or Silicone Liners.** Using parchment paper or silicone liners prevents sticking, simplifies cleanup, and protects the basket from scratches, extending its lifespan.

**Avoid Overloading the Basket.** Avoid overloading the air fryer basket to ensure even cooking and airflow. Cooking in batches ensures your food crisps properly and reduces strain on the machine.

**Check and Clean the Heating Element.** The heating element at the top of the air fryer can gather oil and food particles over time. Regularly check and wipe the heating element with a soft, damp cloth to keep it clean and debris-free, which could affect performance.

**Keep the Air Vents Clear.** Ensure the air vents at the back of the air fryer are clear of obstructions. Proper ventilation is critical for optimal air circulation, which ensures even cooking and prevents overheating.

**Avoid Using Excessive Oil.** While air fryers require little to no oil, if you do use oil, avoid excessive amounts as it can build up on the heating element and cause smoking or overheating. Use a sprayer for an even, light coating.

**Regular Deep Cleaning.** Occasionally, perform a more thorough deep clean. Remove all removable parts, including the basket and trays, and soak them in warm, soapy water for 10–15 minutes before scrubbing and rinsing. Wipe the interior and exterior of the air fryer with a soft cloth.

**Store Properly.** Store your air fryer in a dry, cool place when not in use, ensuring it's unplugged and spotless. To protect the delicate parts, avoid stacking heavy items on top of it.

**Follow the Manufacturer's Instructions.** Each air fryer model is slightly different, so always follow the care instructions in the user manual to ensure you're maintaining your specific appliance correctly.

## CHAPTER 12

# Bonus Meal Plans & Shopping Lists

# 7-DAY BEGINNER MEAL PLAN:

## A FULL WEEK OF AIR FRYER MEALS FROM THE BOOK

If you're new to air frying and want to explore its versatility, this 7-day beginner meal plan will help you dive into healthy, delicious recipes. Using the air fryer makes cooking efficient, healthier, and quicker, as many recipes require little to no oil and retain nutrients better than traditional methods.

Here's a breakdown of a week's worth of meals, including breakfast, lunch, and dinner, pulled straight from the recipe book. Each meal is easy to make and focuses on balance and variety.

### Tips for Success:

**Meal Prep:** Chop vegetables, cook grains like quinoa or rice, and prepare sauces in advance to make your week run more smoothly.

**Batch Cook:** Double the recipes for specific dishes, like the breakfast muffins or veggie fritters, to enjoy leftovers throughout the week.

**Versatility:** The air fryer is an excellent tool for reheating meals while keeping them crispy, so don't hesitate to make extra portions.

This 7-day meal plan will introduce you to the versatility of the air fryer while helping you stay on track with balanced and delicious meals. Whether you're cooking breakfast, lunch, or dinner, these recipes will make meal planning stress-free and fun.

# MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MON	<p><b>Fluffy Pancakes</b></p> <p>Start your morning with light, fluffy pancakes. You can top them with fresh berries or a drizzle of maple syrup.</p>	<p><b>Veggie Quesadillas</b></p> <p>These quesadillas, stuffed with veggies and cheese, are a quick and healthy option. They crisp up beautifully in the air fryer.</p>	<p><b>Chicken Parmesan</b></p> <p>Enjoy this healthier Italian classic with crispy chicken, marinara, and melted mozzarella.</p>
TUE	<p><b>Egg Muffins with Spinach and Feta</b></p> <p>These protein-packed egg muffins with veggies are perfect for a nutritious start to your day.</p>	<p><b>Buffalo Cauliflower Bites</b></p> <p>These cauliflower bites are a flavorful, spicy snack, perfect with ranch or blue cheese</p>	<p><b>Juicy Burgers</b></p> <p>Make juicy and tender burgers using lean ground beef, and top with your favorite veggies.</p>
WEN	<p><b>French Toast Sticks</b></p> <p>Quick and easy to make, these cinnamon-flavored French toast sticks are perfect for dipping in maple syrup.</p>	<p><b>Stuffed Bell Peppers</b></p> <p>Stuffed with quinoa, beans, and veggies, these bell peppers make for a hearty and healthy midday meal.</p>	<p><b>Tofu Stir-Fry</b></p> <p>For a plant-based dinner, stir-fry tofu with your favorite veggies in the air fryer for a quick and satisfying meal.</p>
THU	<p><b>Crispy Hash Browns</b></p> <p>The air fryer can produce a crispy golden crust on your hash browns. Serve them with eggs or avocado for a filling breakfast.</p>	<p><b>Chicken Wings (Lemon Pepper)</b></p> <p>These lemon-pepper wings are quick in the air fryer and perfect for a light lunch or appetizer.</p>	<p><b>Sweet Potato and Black Bean Tacos</b></p> <p>A nutritious vegan meal with roasted sweet potatoes, black beans, and your favorite toppings.</p>
FRI	<p><b>Breakfast Burritos</b></p> <p>These egg, sausage, and veggie burritos are air-fried for a quick grab-and-go breakfast.</p>	<p><b>Veggie Fritters</b></p> <p>Loaded with veggies and air-fried, these fritters are perfect for lunch with yogurt or tahini sauce</p>	<p><b>Salmon with Lemon Dill</b></p> <p>A light, protein-packed dinner featuring perfectly cooked salmon with a refreshing lemon dill flavor.</p>
SAT	<p><b>Banana Bread</b></p> <p>Enjoy a warm slice of banana bread for breakfast—moist with a golden-brown crust from the air fryer.</p>	<p><b>Zucchini Fries</b></p> <p>Crispy outside and tender inside, these zucchini fries are a tasty, healthier alternative to regular fries.</p>	<p><b>Grilled Air Fryer Steak</b></p> <p>Cook a perfectly grilled steak in the air fryer with roasted vegetables.</p>
SUN	<p><b>Avocado Toast</b></p> <p>For a quick, nutritious breakfast, enjoy crispy toast with creamy avocado and a poached egg.</p>	<p><b>Crispy Potato Skins</b></p> <p>Air-fry potato skins for a crispy lunch, topped with cheese, sour cream, and green onions.</p>	<p><b>Vegan Meatballs</b></p> <p>Made from lentils or chickpeas, these vegan meatballs are perfect on pasta or in a sandwich.</p>

# AIR FRYER SHOPPING LIST: ESSENTIALS FOR STRESS-FREE MEAL PLANNING

## FRUITS & VEGETABLES

**Vegetables** (great for roasting or air-frying):

- Potatoes (sweet potatoes, baby potatoes)
- Zucchini
- Bell peppers
- Carrots
- Broccoli
- Cauliflower
- Mushrooms
- Brussels sprouts
- Asparagus

**Fruits** (for air-frying or snacking):

- Apples
- Bananas
- Pineapple (great for air-fried desserts)

## PROTEIN OPTIONS

**Meats:**

- Chicken breasts, thighs, or wings
- Ground turkey or beef (for patties or meatballs)
- Fish fillets (salmon, cod, etc.)
- Shrimp

**Plant-based:**

- Tofu (firm for crispy air-fried tofu)
- Tempeh
- Vegan meat alternatives (for air-fried nuggets or burgers)
- Chickpeas (for roasting into crispy snacks)

## BREADING & COATING ESSENTIALS

- Flour (all-purpose or gluten-free)
- Cornstarch (for extra crispiness)
- Nutritional yeast (for a cheesy, vegan flavor)
- Almond flour (for a gluten-free, low-carb option)
- Ground flaxseed (for a vegan egg replacement)

## GRAINS & STAPLES

**Grains:**

- Tortillas (for wraps, tacos, or quesadillas)
- Bread (whole grain, sourdough) for air-fried sandwiches
- Panko or breadcrumbs (for coatings)
- Quinoa or rice (as a side for air-fried veggies or proteins)

**Canned goods:**

- Black beans, kidney beans, or chickpeas
- Canned tomatoes (for sauces or salsas)

## SEASONINGS & SPICES

- Salt & pepper
- Garlic powder
- Onion powder
- Paprika (regular or smoked)
- Italian seasoning
- Chili powder
- Cumin
- Oregano
- Turmeric
- Red pepper flakes (for heat)

## SAUCES & CONDIMENTS

- Sauces & Condiments
- Olive oil spray (or any oil sprayer for light misting)
- Soy sauce or tamari
- Tahini (for making dressings or sauces)
- Hot sauce or sriracha
- BBQ sauce
- Mustard
- Vegan mayo (optional for dipping)
- Marinara sauce (great for pizza bites or dipping air-fried items)

# CONCLUSION

*Air frying transforms cooking into an easy, fun, and healthy experience. It reduces the need for excess oil, delivers crispy textures, and speeds up cooking time, making it perfect for beginners and seasoned home cooks. Don't hesitate to experiment with new ingredients and recipes—you'll discover endless possibilities for creating delicious, nutritious meals that fit your lifestyle. Enjoy the journey, and let your air fryer do the work!*

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