

Vegan Air Fryer Cookbook for Beginners

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**100 Healthy Recipes from Breakfast to Dessert. Offering Easy Prep, Crispy
Texture Low in Oil, Essential Equipment Tips
for Success Every Time**

by G.B.STONE

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Nutritional values provided are approximate and may vary depending on exact ingredients, portion sizes, and cooking methods used. The author and publisher disclaim any liability for adverse reactions or consequences from the use of the recipes or suggestions in this book.

The recipes in this book have been tested for accuracy and ease of preparation using standard household kitchen equipment, including air fryers commonly available on the market.

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to Everyone who has discovered the power of the Air Fryer

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INTRODUCTION

From One Crispy-Obsessed Adult to Another

Hi there friend and Welcome!

I'm genuinely so excited you picked up this book. Whether you're curious about plant-based cooking or already deep into your vegan journey, you're in good hands.

I've been vegan for over ten years now, and while I could talk about all the ethical, environmental, and health reasons that got me here (and they still matter!), I want to talk about something a little more... delicious.

Like many people before me I've recently unlocked what I consider a very important life achievement: **falling in love with my air fryer**. You know how you suddenly start liking olives and paying attention to your fiber intake? Yeah. Same energy.

This magical little machine has completely changed my way of cooking. Less mess, less oil, less stress—but still all the flavor, texture and benefits I used to chase with frying pans every meal prep. Crispy tofu? Game-changer. Roasted chickpeas that actually crunch? Sign me up. Chocolatey desserts that don't require an oven? Yes, please.

That's why I made this book for you. Inside, you'll find **100 plant-based recipes** that are:

- Beginner-friendly
- High in plant protein
- Low in oil
- Full of flavor
- And crispy where it counts

I wanted this to be the kind of cookbook you can reach for whether it's a busy Tuesday or a slow Sunday. You'll find everything from energizing breakfasts to snacky bites, cozy dinners, and satisfying desserts—all made to nourish your body and support your goals (and also just make you feel like a kitchen wizard) while enjoying a full list of benefits of a vegan diet.

So if you're ready to eat more plants, save time, and make your air fryer earn its counter-top space, let's do this.

I'll be cheering you on from my own olive-loving, air-frying corner of adulthood.

Benefits of a Vegan Diet

If you're flipping through this book wondering, "*Okay, but is vegan really better?*" — first of all, I get it. Second of all... yes. Like, surprisingly yes.

I didn't go vegan overnight, and I definitely didn't do it because I was craving lentils. But over time, this way of eating completely transformed how I felt, looked, cooked, and even thought about the world around me. It wasn't always perfect (ask me about my early tofu fails), but it was 100% worth it. So here's why it might be worth it for you, too.

Health Benefits: The Plant-Powered Glow-Up

Let's start with the good stuff: how a vegan diet can make you feel like the best version of yourself, inside and out.

Plant-based foods are naturally rich in fiber, antioxidants, and essential nutrients, and when you eat a variety of them—think colorful veggies, legumes, grains, nuts, seeds—you're giving your body serious fuel without the extra baggage (aka saturated fats, cholesterol, and processed stuff that makes you feel sluggish).

Since going vegan, I've noticed my digestion is better, my skin is clearer, and my energy doesn't crash the way it used to. And if you're focusing on **low-oil, high-protein meals** (like the ones in this book), you'll likely see even more benefits—especially if your goals include weight balance, hormone support, or heart health.

Oh, and just to be clear: you can *absolutely* get enough protein on a vegan diet. With all the tofu, tempeh, lentils, and sneaky chickpeas in these recipes, you'll be fueled, full, and far from flimsy.

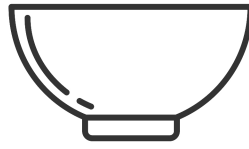
Now let's get cooking!

BREAKFAST

Tofu Scramble Breakfast Muffins



Servings: 2-3



Prep Time: 10 min



Cook Time: 15 min

Ingredients:

- 1 block of firm tofu (14 oz)
- ¼ cup plant-based milk
- ½ cup bell pepper, chopped
- ¼ cup green onions, chopped
- ¼ cup grated carrot
- 2 tbsp nutritional yeast
- 1 tbsp olive oil
- ½ tsp turmeric
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp black salt (optional)
- ¼ tsp black pepper
- ¼ tsp salt
- ¼ tsp baking powder

Step-by-Step Directions:

1. Preheat air fryer to 350°F .
2. Crumble tofu and together with plant milk, nutritional yeast, spices, baking powder, and olive oil into a thick batter.
3. Fold in vegetables.
4. Fill muffin cups with the mixture and place in the air fryer basket.
5. Air fry **15 min** until tops are golden and firm.
6. Cool 3-5 min before serving.

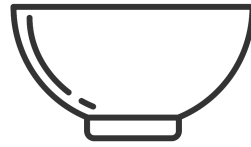
Nutritional Information (Per Muffin)

Calories: 110 | Protein: 8g | Carbs: 6g | Fat: 6g | Fiber: 2g | Sodium: 180mg | Potassium: 160mg

Tempeh & Kale Breakfast Hash



Servings: 2



Prep Time: 10 min



Cook Time: 15 -18min

Ingredients:

- 1 block firm tofu (14 oz)
- ¼ cup plant milk
- ½ cup bell pepper, chopped
- ¼ cup green onions, chopped
- ¼ cup grated carrot (optional)
- 2 tbsp nutritional yeast
- 1 tbsp olive oil (optional)
- ½ tsp turmeric
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp black salt (optional)
- ¼ tsp black pepper
- ¼ tsp salt
- ¼ tsp baking powder

Optional:

- ¼ tsp smoked paprika or chili flakes

Step-by-Step Directions:

1. Preheat air fryer to 375°F. Toss potatoes with half the oil and salt, then air fry 10 min, shaking once.
2. Add tempeh, kale, bell pepper, onion, tamari, spices, and remaining oil directly into the basket with the potatoes. Stir to mix.
3. Air fry **6-8 min** more, shaking halfway, until browned and crisp.
4. Serve warm.

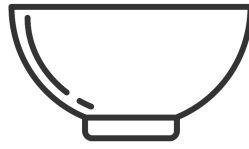
Nutritional Information (Per Serving)

Calories: 310 | Protein: 17g | Carbs: 28g | Fat: 15g | Fiber: 6g | Sodium: 430mg | Potassium: 700mg

Protein-Packed Oatmeal Squares



Servings: 2



Prep Time: 8 min



Cook Time: 12-14 min

Ingredients:

- 1 cup rolled oats
- 1/2 cup plant milk
- 1/4 cup peanut or almond butter
- 1 ripe banana (mashed) or 1/4 cup applesauce
- 2 tbsp maple or agave syrup
- 1/4 cup plant protein powder
- 1/2 tsp cinnamon
- 1/2 tsp baking powder
- 1/4 tsp salt

Step-by-Step Directions:

1. Warm up air fryer to 325°F.
2. Stir oats, protein powder, cinnamon, baking powder, and salt in a bowl.
3. Add banana, nut butter, syrup, and milk. Blend into a thick batter.
4. Place parchment in the basket, press the mixture in, and level the top.
5. Cook **12-14 min** until set and golden.
6. Rest 10 min, then slice into squares.

Serving Ideas: extra nut butter, a drizzle of melted dark chocolate, fresh berries or banana slices, cinnamon, or hemp seeds

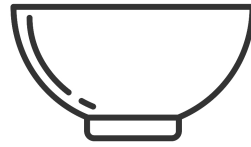
Nutritional Information (Per Square)

Calories: 185 cal | 9g protein | 18g carbs | 9g fat | 3g fiber | 110mg sodium | 270mg potassium

Air-Fried Quinoa Banana Bites



Servings: 4



Prep Time: 10 min



Cook Time: 10-12 min

(plus quinoa soak time if not using pre-cooked)

Ingredients:

- 1 cup rolled oats
- ½ cup plant milk
- ¼ cup peanut or almond butter
- 1 ripe banana (mashed) or ¼ cup applesauce
- 2 tbsp maple or agave syrup
- ¼ cup plant protein powder
- ½ tsp cinnamon
- ½ tsp baking powder
- ¼ tsp salt

Step-by-Step Directions:

1. Preheat air fryer to 325°F.
2. Mash banana in the air fryer-safe dish. Add nut butter, syrup, and milk, then stir in oats, protein powder, cinnamon, baking powder, and salt until mixed.
3. Flatten the mixture in the dish and place in air fryer.
4. Cook **12-14 min**, until golden and set.
5. Cool 10 min, then cut into squares.

Serving Ideas: nut butter, melted dark chocolate, fresh berries or banana slices, cinnamon or hemp seeds

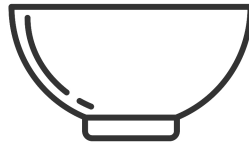
Nutritional Information (Per 3 Bites / 1 Serving)

Calories: 190 | Protein: 6g | Carbs: 24g | Fat: 8g | Fiber: 3g | Sodium: 70mg | Potassium: 280mg

Savory Lentil Waffles



Servings: 2



Prep Time: 8 min



Cook Time: 12-14 min

(plus lentil soak time if not using pre-cooked)

Ingredients:

- 1 cup cooked lentils (or soaked overnight)
- 1 cup rolled oats
- 1/2 cup unsweetened plant milk (almond, oat, or soy)
- 1/4 cup natural peanut or almond butter
- 1 ripe banana, mashed (or 1/4 cup unsweetened applesauce)
- 2 tbsp maple or agave syrup
- 1/4 cup plant protein powder (herb, chili, or plain flavor)
- 1/2 tsp baking powder
- 1/2 tsp ground cumin or smoked paprika (instead of vanilla)
- 1/4 tsp salt

Step-by-Step Directions:

1. Heat air fryer to 325°F. Place parchment in basket.
2. Blend oats, lentils, protein powder, spices, baking powder, salt, banana, nut butter, syrup, and milk into a thick batter.
3. Pour into basket and smooth the top.
4. Cook **12-14 min** until firm and crisp on the edges.
5. Rest 5-10 min, then cut into waffles.

Serving Ideas: great with vegan yogurt, avocado mash, chutney, hummus, or fresh herbs.

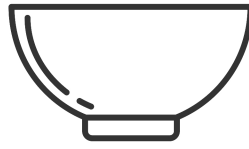
Nutritional Information (Per Serving – 2 waffles)

Calories: 240 | Protein: 13g | Carbs: 27g | Fat: 8g | Fiber: 8g | Sodium: 220mg | Potassium: 460mg

Chickpea Flour Veggie Pancakes



Servings: 2



Prep Time: 10 min



Cook Time: 10-12 min

Ingredients:

- 1 cup chickpea flour
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup spinach, chopped
- $\frac{1}{4}$ cup carrot, grated
- $\frac{1}{4}$ cup red bell pepper, chopped
- 2 tbsp onion, chopped
- $\frac{1}{4}$ tsp turmeric (optional)
- $\frac{1}{2}$ tsp cumin
- $\frac{1}{2}$ tsp garlic powder
- salt & pepper
- pinch chili flakes (optional)
- olive oil spray (optional)

Step-by-Step Directions:

1. Set air fryer to 375°F and line the basket with parchment.
2. Whisk chickpea flour, water, veggies, and spices into a smooth, thick batter.
3. Spoon about $\frac{1}{4}$ cup batter onto the parchment for each pancake, pressing gently to spread.
4. Cook 10–12 minutes, flipping once, until golden and firm around the edges.
5. Rest for 2 minutes before serving.

Serving Ideas: great with vegan yogurt, avocado mash, chutney, hummus, or fresh herbs.

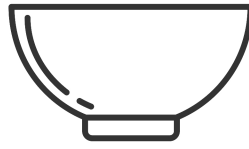
Nutritional Information (Per Serving – 2 pancakes)

Calories: 200 | Protein: 10g | Carbs: 22g | Fat: 6g | Fiber: 5g | Sodium: 230mg | Potassium: 350mg

Vegan Sausage & Sweet Potato Tots



Servings: 2 -3



Prep Time: 15 min



Cook Time: 12-15 min

Ingredients:

- 1 medium sweet potato (mashed, about 1 cup)
- ½ cup vegan sausage, crumbled
- ¼ cup oats or breadcrumbs
- 1 tbsp nutritional yeast (optional)
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- ¼ tsp black pepper
- pinch of salt
- olive oil spray (optional)

Step-by-Step Directions:

1. Preheat air fryer to 375°F. Cook the whole sweet potato until soft (**20-25 min**). Peel and mash.
2. Mix mashed sweet potato with sausage, oats, and spices until it holds together.
3. Roll into small tots.
4. Place in a single layer in the basket, spray lightly with oil.
5. Air fry **12-15 min**, flipping halfway, until golden and crisp.
6. Cool 2 min before serving.

Serving Ideas: mustard, ketchup, or vegan ranch dip, chopped spinach or grated zucchini for added veg, fresh herbs like parsley or green onion

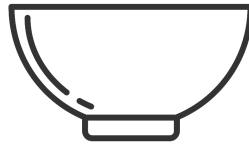
Nutritional Information (Per Serving – approx. 5-6 tots)

Calories: 180 | Protein: 7g | Carbs: 22g | Fat: 6g | Fiber: 4g | Sodium: 320mg | Potassium: 310mg

Breakfast Burritos with Black Beans & Tofu



Servings: 4 burritos



Prep Time: 15 min



Cook Time: 8--10 min

Ingredients:

- 4 large whole wheat or corn tortillas
- 1 block (14 oz) firm tofu, pressed and crumbled
- 1 cup cooked black beans (or canned, rinsed and drained)
- 1/2 cup red bell pepper, chopped
- 1/2 cup onion, chopped
- 1/2 tsp turmeric (for color and flavor)
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- 1 tbsp nutritional yeast (optional)
- salt and pepper to taste
- 1 tbsp olive oil

Optional:

- avocado slices
- salsa or hot sauce

Step-by-Step Directions:

1. Preheat air fryer to 375°F.
2. Mix tofu, onion, bell pepper, black beans, nutritional yeast, and spices in a bowl.
3. In the center of each tortilla place the filling, add extras if you like, roll tightly.
4. Put burritos seam-side down in the basket and spray lightly with oil.
5. Air fry **8–10 min**, flipping halfway, until golden and crispy.
6. Let rest 2 min before serving.

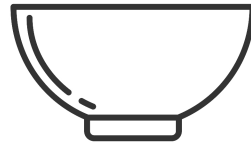
Nutritional Information (Per Burrito)

Calories: 340 | Protein: 18g | Carbs: 44g | Fat: 10g | Fiber: 9g | Sodium: 430mg | Potassium: 610mg

Edamame & Spinach Eggless Cups



Servings: 3



Prep Time: 10 min



Cook Time: 12 min

Ingredients:

- 1 block (14 oz) firm tofu, pressed and crumbled
- 1/2 cup shelled edamame (steamed or thawed if frozen)
- 1/2 cup fresh spinach, finely chopped
- 1/4 cup red bell pepper, diced small
- 2 tbsps unsweetened plant-based milk
- 1 tbsp nutritional yeast
- 1/2 tsp turmeric
- 1/2 tsp garlic powder
- salt & black pepper, to taste
- olive oil spray for muffin cups

Optional:

- 1 tbsp fresh parsley or cilantro, chopped

Step-by-Step Directions:

1. Preheat your air fryer to 350°F. Lightly spray silicone muffin cups with olive oil.
2. In a medium bowl, mash tofu until crumbly. Stir in plant milk, nutritional yeast, turmeric, garlic powder, salt, and black pepper. Mix until evenly coated.
3. Fold in the edamame, spinach, and red bell pepper.
4. Spoon mixture evenly into the prepared muffin cups, pressing gently to compact.
5. Place cups into the air fryer basket in a single layer.
6. Air fry for **12 minutes** at 350°F, until the tops are slightly golden and firm.
7. Cool for 2 minutes before carefully removing from cups.

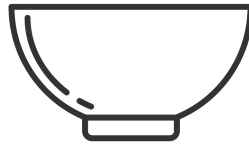
Nutritional Information (Per 2 cups)

Calories: 155 | Protein: 13g | Carbs: 8g | Fat: 7g | Fiber: 3g | Sodium: 190mg | Potassium: 370mg

Crunchy Peanut Butter Granola Clusters



Servings: 6



Prep Time: 7 min



Cook Time: 15 min

Ingredients:

- 1 1/2 cups rolled oats
- 1/3 cup peanut butter (unsweetened)
- 1/4 cup maple syrup (or agave)
- 1/4 cup chopped almonds or peanuts
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- pinch of salt
- olive oil spray (optional)

Optional:

- chocolate chips
- chia seeds, flaxseeds
- shredded coconut
- dried fruit
- seeds.

Step-by-Step Directions:

1. Preheat air fryer to 325°F and line basket with parchment.
2. Mix inside basket: add peanut butter, maple syrup, vanilla, and cinnamon; stir until smooth.
3. Add oats, nuts, and salt directly into the tray; stir until coated.
4. Shape clusters: press mixture into small mounds (about 2 tbsp each), spaced slightly apart.
5. Air fry for **10–12 min** until golden (check at 8 min).
6. Leave in basket to cool for 15 min – they'll firm up as they rest.

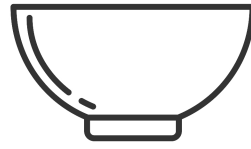
Nutrition Information (Per Serving – 2 clusters)

Calories: 210 | Protein: 7g | Carbs: 23g | Fat: 10g | Fiber: 4g | Sodium: 120mg | Potassium: 270mg

Seitan Bacon Breakfast Sandwich



Servings: 2 sandwiches



Prep Time: 10 min



Cook Time: 12 min

Ingredients:

- 4 slices seitan bacon
- 1/2 block (7 oz) firm tofu, sliced into 2 patties
- 2 whole grain English muffins
- 1/4 cup spinach
- 2 slices tomato
- 2 tsp mustard or vegan mayo
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- Pinch of salt
- olive oil spray

Optional:

- vegan cheese
- avocado
- hot sauce
- potato wedges

Step-by-Step Directions:

1. Preheat air fryer to 375°F.
2. Lightly spray tofu patties with oil; season with paprika, pepper, and salt.
3. Place tofu and seitan bacon in basket; cook **10–12 min**, flipping halfway, until tofu is golden and seitan is crisp.
4. During last 2 min, add muffin halves cut side up to toast.
5. Spread mustard or mayo on muffins; layer tofu, seitan, spinach, and tomato. Add optional toppings.
6. Serve immediately.

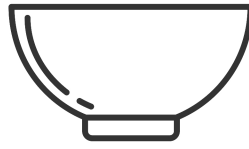
Nutrition Information (Per Sandwich)

Calories: 335 | Protein: 22g | Carbs: 36g | Fat: 9g | Fiber: 6g | Sodium: 480mg | Potassium: 420mg

Vanilla Chia Protein Donuts



Servings: 6



Prep Time: 10 min



Cook Time: 12 min

Ingredients:

- 1 cup oat flour (or finely ground oats)
- 1/4 cup plant-based protein powder (vanilla or other flavor)
- 2 tbsp chia seeds + 6 tbsp water (soaked 10 min)
- 1/3 cup plant milk
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1 tsp baking powder
- pinch of salt
- olive oil spray for molds

Optional:

- chocolate chips
- blueberries, cinnamon
- shredded coconut

Step-by-Step Directions:

1. Set air fryer to **325°F**. Lightly oil silicone doughnut molds.
2. Let chia seeds sit in water 10 min to form gel.
3. Blend chia gel, plant milk, maple syrup, and vanilla until uniform.
4. Incorporate oat flour, protein powder, baking powder, and salt until thick and smooth; fold in extras if using.
5. Fill molds $\frac{3}{4}$ full and level the tops.
6. Cook in air fryer **12 min**, until firm and lightly golden.
7. Let donuts rest 5 min in molds before removing. Serve as is or top with favorites.

Nutrition Information (Per Doughnut)

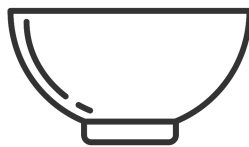
Calories: 170 | Protein: 9g | Carbs: 22g | Fat: 5g | Fiber: 5g | Sodium: 105mg | Potassium: 220mg

Tip: Keep in fridge up to 5 days or freeze 1 month. Reheat in air fryer at 300°F (150°C) for 3 min.

Almond-Quinoa Banana Bars



Servings: 8 bars



Prep Time: 10 min



Cook Time: 14 min

Ingredients:

- 1 cup cooked quinoa, cooled
- 1 cup rolled oats
- 2 ripe bananas, mashed
- 1/4 cup almond or peanut butter)
- 1/4 cup maple syrup (or agave)
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 tsp baking powder
- pinch of salt
- olive oil spray

Optional:

- chopped almonds
- chocolate chips
- chia or flax seeds

Step-by-Step Directions:

1. Set air fryer to 325°F. Lightly oil a small tray or line with parchment.
2. Mash bananas until creamy. Blend in almond butter, maple syrup and vanilla.
3. Fold in quinoa, oats, cinnamon, baking powder, and salt until thick. Add optional extras if desired.
4. Transfer batter into the dish, leveling the surface.
5. Air fry **14 min**, until edges are lightly golden and bars feel firm.
6. Let bars rest 10 min in the dish, then cut into 8 portions.

Nutrition Information (Per Bar)

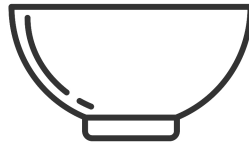
Calories: 190 | Protein: 6g | Carbs: 28g | Fat: 7g | Fiber: 4g | Sodium: 120mg | Potassium: 280mg

Tip: Store in fridge up to 5 days or freeze 1 month. Reheat in air fryer at 300°F (150°C) for 2–3 min before serving.

Mushroom & Tofu Breakfast Skewers



Servings: 2



Prep Time: 12 min



Cook Time: 14 min

Ingredients:

- 1 block (14 oz) firm tofu, cubed
- 8 mushrooms, halved
- 1/2 red bell pepper, chunked
- 1/2 green bell pepper, chunked
- 1/2 onion, wedged
- 2 tbsp olive oil or spray
- 2 tbsp soy sauce or tamari
- 1 tbsp maple syrup
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp black pepper
- pinch of salt

Optional:

- zucchini chunks
- chili flakes

Step-by-Step Directions:

1. Set air fryer to 375°F.
2. Combine oil, with soy sauce, maple syrup, and other spices to form a quick glaze.
3. Toss tofu and vegetables in the glaze, letting flavors sit 10 min.
4. Thread tofu and veggies onto skewers.
5. Put skewers in the air fryer basket. Cook **12–14 min**, turning once, until tofu is golden and veggies slightly charred.
6. Serve immediately.

Nutrition Information (Per Serving – 2 skewers)

Calories: 240 | Protein: 15g | Carbs: 15g | Fat: 13g | Fiber: 4g | Sodium: 420mg | Potassium: 520mg

Protein Apple-Cinnamon Bites



Servings: 2



Prep Time: 10 min



Cook Time: 12 min

Ingredients:

- 1 cup rolled oats
- 1/2 cup plant-based protein powder (vanilla or other flavor)
- 1/2 cup unsweetened applesauce
- 1 medium apple, peeled and finely diced (~1 cup)
- 2 tbsp maple syrup
- 2 tbsp nut butter (almond, peanut, or sunflower)
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1/4 tsp salt

Optional:

- chia or flax seeds
- raisins
- chopped walnuts
- pinch of nutmeg

Step-by-Step Directions:

1. Preheat air fryer to 350°F. Line basket with parchment or lightly spray.
2. Combine applesauce, nut butter, and maple syrup until smooth.
3. Incorporate oats, protein powder, cinnamon, baking powder, and salt. Fold in diced apple and any extras. The mixture should be thick.
4. Shape into small discs (about 2 tbsp each) and place in a single layer in the basket.
5. Cook **10–12 min**, turning halfway, until golden and firm.
6. Let sit 2–3 min, then serve.

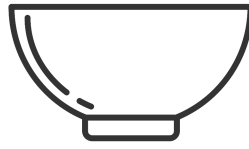
Nutrition Information (Per Serving – 3 bites)

Calories: 210 | Protein: 11g | Carbs: 27g | Fat: 7g | Fiber: 5g | Sodium: 150mg | Potassium: 290mg

Vegan Greek Yogurt Toast Crunch



Servings: 2



Prep Time: 10 min



Cook Time: 12 min

Ingredients:

- 3 slices whole-grain bread, cut into cubes
- 1 tsp coconut oil or spray
- 1 tbsp maple syrup
- 1 tsp cinnamon
- 1 cup vegan Greek yogurt
- 1 tbsp chia seeds (optional)
- 1 tbsp pumpkin or sunflower seeds
- fresh fruit for topping (berries, banana slices, or apple cubes)

Optional:

- vanilla extract in yogurt
- pinch of nutmeg
- sprinkle of nutritional yeast

Step-by-Step Directions:

1. Preheat air fryer to 350°F.
2. Coat bread cubes with oil, maple syrup, and cinnamon.
3. Arrange squares in the basket in one layer. Air fry **8–10 min**, shaking halfway, until golden and crisp.
4. Scoop yogurt into two bowls. Scatter the toast squares on top.
5. Add seeds, fruit, and optional flavorings. Serve immediately.

Nutrition Information (Per Serving)

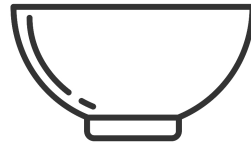
Calories: 260 | Protein: 12g | Carbs: 38g | Fat: 8g | Fiber: 6g | Sodium: 230mg | Potassium: 380mg

Tip: Make the cubes ahead and store airtight up to 3 days. Reheat in air fryer 2–3 min at 325°F (160°C) to refresh crunch.

Chickpea-Stuffed Breakfast Pockets



Servings: 4 pockets



Prep Time: 15 min



Cook Time: 12- 14 min

Ingredients:

- 1 can (15 oz) chickpeas, drained
- 1/4 cup red bell pepper, finely diced
- 1/4 cup spinach, finely chopped
- 2 tbsps red onion, finely diced
- 2 tbsps nutritional yeast
- 2 tbsps plant-based yogurt or tahini
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- salt & pepper to taste
- 4 small whole wheat pita pockets or wraps
- olive oil spray

Optional toppings:

- salsa, hot sauce
- sesame seeds

Step-by-Step Directions:

1. Warm up air fryer to 375°F.
2. Mash chickpeas lightly, leaving some texture. Stir in bell pepper, spinach, onion, nutritional yeast, yogurt (or tahini), olive oil, and other spices until uniform.
3. Open pita pockets gently and fill with the chickpea mixture. Press lightly but do not overfill.
4. Spray both sides with olive oil. Place in the air fryer tray in one layer.
5. Cook 12–14 min, turning halfway, until golden and crisp.
6. Let rest 2–3 min before serving.

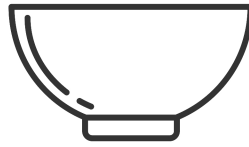
Nutrition Information (Per Pocket)

Calories: 260 | Protein: 11g | Carbs: 38g | Fat: 4g | Fiber: 8g | Sodium: 330mg | Potassium: 430mg

Red Lentil & Sweet Potato Patties



Servings: 4



Prep Time: 15 min



Cook Time: 14- 16 min

Ingredients:

- 1 cup cooked red lentils (about ½ cup dry)
- 1 cup mashed sweet potato (1 medium, cooked and peeled)
- ½ cup oat flour (from blended rolled oats)
- ¼ cup red onion, finely diced
- 2 garlic cloves, minced
- 2 tbsps nutritional yeast (optional)
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp coriander
- ½ tsp salt
- ¼ tsp black pepper
- olive oil spray (optional)

Optional:

- parsley, cilantro, red pepper flakes, chia or flax seeds

Step-by-Step Directions:

1. Warm up air fryer to 375°F.
2. Combine cooked lentils, mashed sweet potato, oat flour, onion, garlic, nutritional yeast, and spices into a thick dough. Add extra oat flour if needed.
3. Form mixture into 8 patties, about ½ inch thick.
4. Spray air fryer basket lightly with oil and arrange patties in one layer.
5. Cook **14-16 min**, flipping once, until edges are golden and slightly crisp.
6. Let sit 2 min, then serve.

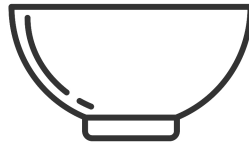
Nutrition Information (Per Serving – 2 patties)

Calories: 220 | Protein: 11g | Carbs: 36g | Fat: 4g | Fiber: 9g | Sodium: 290mg | Potassium: 610mg

Baked Protein Oat Balls with Berries



Servings: 4



Prep Time: 10 min



Cook Time: 10- 12 min

Ingredients:

- 1 cup rolled oats
- ¼ cup vanilla plant-based protein powder
- ½ cup unsweetened applesauce
- 1 medium banana, mashed
- ¼ cup almond or peanut butter
- 2 tbsps maple syrup
- 1 tsp vanilla extract
- 1 tsp baking powder
- ½ tsp cinnamon
- pinch of salt
- ½ cup fresh or frozen berries

Optional:

- chia seeds
- flaxseed
- chocolate chips
- shredded coconut

Step-by-Step Directions:

1. Preheat air fryer to 350°F. Line basket with parchment.
2. In a bowl banana, applesauce, nut butter, maple syrup, and vanilla into a smooth blend.
3. Incorporate dry ingredients like protein powder, baking powder, etc. until thick.
4. Gently mix in berries and optional add-ins without crushing.
5. Shape 2-tbsp portions into balls and place in a single layer in the basket.
6. Air fry 10–12 min, turning halfway, until lightly golden and firm.
7. Rest 2–3 min, then enjoy immediately.

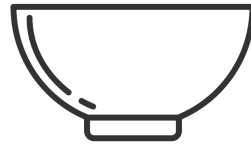
Nutrition Information (Per Serving – 3 balls)

Calories: 230 | Protein: 11g | Carbs: 32g | Fat: 6g | Fiber: 4g | Sodium: 140mg | Potassium: 330mg

Millet & Almond Butter Breakfast Bars



Servings: 4



Prep Time: 12 min



Cook Time: 16 min

Ingredients:

- 1 cup cooked millet (about 1/3 cup dry)
- 1 cup rolled oats
- 2 ripe bananas
- 1/4 cup almond butter (or peanut butter)
- 1/4 cup maple syrup (or agave)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp baking powder
- pinch of salt
- olive oil spray

Optional:

- chopped nuts
- chocolate chips
- cranberries
- chia, or hemp seeds

Step-by-Step Directions:

1. Set Air Fryer to 325°F. Lightly coat an air fryer-safe pan with oil.
2. Peel bananas, crush them in a bowl until smooth.
3. Stir in almond butter, maple syrup, and vanilla until creamy.
4. Add millet, oats, cinnamon, baking powder, salt, and any extras. Stir until thick.
5. Spoon mixture into the dish and press flat into an even layer.
6. Place pan in basket. Air fry 14–16 min, until firm with golden edges.
7. Leave in the pan for 10 min, then slice into bars.

Nutrition Information (Per Bar)

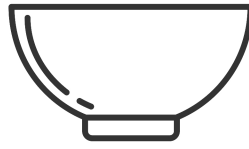
Calories: 200 | Protein: 7g | Carbs: 29g | Fat: 7g | Fiber: 5g | Sodium: 120mg | Potassium: 310mg

Storage: Keep chilled up to 5 days or freeze 1 month. Warm in air fryer at 300°F for 2–3 min.

Veggie-Stuffed Chickpea Frittata



Servings: 4



Prep Time: 12 min



Cook Time: 20-22 min

Ingredients:

- 1 cup chickpea flour (besan)
- 1 cup unsweetened plant milk (soy or almond)
- 1/2 cup water
- 1/2 tsp baking powder
- 1/2 tsp turmeric
- 1 tsp garlic powder
- 1/2 tsp cumin
- 1/4 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup spinach, chopped
- 1/2 cup red bell pepper, diced
- 1/4 cup zucchini, grated & squeezed dry
- 1/4 cup red onion, finely chopped
- 2 tbsp nutritional yeast (optional)
- olive oil spray

Step-by-Step Directions:

1. Heat air fryer to 350°F. Spray a round, air fryer-safe pan with oil.
2. Whisk flour, milk, water, baking powder, and spices until smooth.
3. Fold in spinach, bell pepper, zucchini, onion, and nutritional yeast.
4. Transfer mixture to the pan, leveling the top.
5. Cook in the air fryer for 20–22 minutes, until firm and golden.
6. Rest 5 minutes, then cut into wedges and serve.

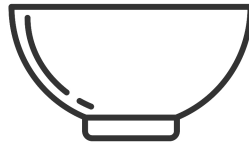
Nutrition Information (Per Serving – 1/4 of frittata)

Calories: 220 | Protein: 12g | Carbs: 28g | Fat: 6g | Fiber: 4g | Sodium: 330mg | Potassium: 420mg

Air-Fried Hemp Heart Banana Fritters



Servings: 4



Prep Time: 12 min



Cook Time: 20-22 min

Ingredients:

- 2 ripe bananas
- 1/2 cup rolled oats, ground into flour
- 1/4 cup hemp hearts
- 2 tbsp chia seeds + 6 tbsp water
- 2 tbsp maple syrup (or agave)
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg (optional)
- 1 tsp vanilla extract
- 1 tsp baking powder
- pinch of salt
- olive oil spray

Optional:

- dark chocolate chips
- nuts
- shredded coconut

Step-by-Step Directions:

1. Set Air Fryer to 350°F. Lightly coat basket with oil spray or use parchment.
2. Soak chia in water inside the air fryer basket (lined with parchment) until gel-like.
3. Press bananas directly into the basket with a fork until smooth.
4. Stir in chia, oat flour, hemp hearts, syrup, spices, vanilla, baking powder, and salt. Add extras if you like.
5. Scoop batter into small rounds, leaving gaps between each.
6. Cook 10–12 min, turning once, until browned and crisp at the edges.
7. Rest 3 min inside basket, then serve warm.

Nutrition Information (Per Serving – 2 fritters)

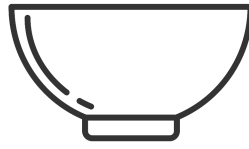
Calories: 220 | Protein: 9g | Carbs: 28g | Fat: 9g | Fiber: 6g | Sodium: 120mg | Potassium: 420m

SNACKS & APPETIZERS

Crispy Chickpea Protein Bites



Servings: 4



Prep Time: 12 min



Cook Time: 12-14 min

Ingredients:

- 1 can (15 oz) chickpeas, drained
- 1/2 cup rolled oats, ground into flour
- 2 tbsp ground flax seeds + 6 tbsp water
- 2 tbsp nutritional yeast
- 2 tbsp tahini
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp cumin
- 1/4 tsp black pepper
- 1/2 tsp salt
- olive oil spray

Optional:

- chia seeds, hemp hearts, parsley, chili flakes

Step-by-Step Directions:

1. Preheat to 375°F.
2. Stir flax and water in the air fryer's basket and let it sit 10 minutes until thick (no extra bowl needed).
3. Add chickpeas straight into the basket and press them down with a spatula until partly smooth.
4. Add oat flour, tahini, nutritional yeast, spices, and flax gel. Work into a dough inside the basket. Adjust with a splash of water or extra oats if needed.
5. Scoop portions, roll into balls, and flatten slightly into nugget shapes right in the basket.
6. Lightly spray, cook **12-14 min**, flip halfway, until crisp and golden.
7. Let sit 2 minutes before serving.

Nutrition Information (Per Serving – 4 bites)

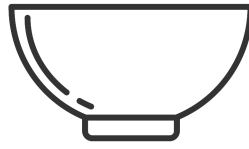
Calories: 220 | Protein: 12g | Carbs: 28g | Fat: 7g | Fiber: 7g | Sodium: 330mg | Potassium: 410mg

Meal Prep Tip: Freeze raw bites on a tray, then bag. Cook from frozen at 375°F for 15-17 minutes.

Air-Fried Tofu Popcorn



Servings: 4



Prep Time: 15 min



Cook Time: 15 min

Ingredients:

- 1 block (14 oz) extra-firm tofu, cut into 1-inch cubes
- 1/4 cup plant-based milk
- 2 tsp Dijon mustard or hot sauce
- 1 tbsp soy sauce or tamari
- 1/2 cup breadcrumbs (whole wheat or gluten-free)
- 2 tbsp nutritional yeast
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp onion powder
- 1/2 tsp black pepper
- 1/4 tsp salt
- olive oil spray

Step-by-Step Directions:

1. Pat tofu dry with paper towels and cut into cubes.
2. In the air fryer basket, stir together milk, mustard, and soy sauce until combined. Toss tofu in the liquid until coated.
3. Sprinkle in breadcrumbs, nutritional yeast, and seasonings directly over tofu. Shake basket well until every cube is covered.
4. Spray lightly with oil. Set air fryer to 375°F and cook **14-15 min**, shaking once midway, until crisp and golden.
5. Rest 2 min in the basket, then serve with your favorite dip.

Nutrition Information (Per Serving – about 1 cup)

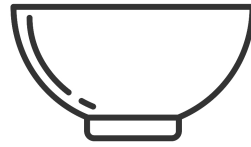
Calories: 220 | Protein: 15g | Carbs: 18g | Fat: 9g | Fiber: 4g | Sodium: 330mg | Potassium: 310mg

Meal Prep Tip: Store leftovers in the fridge up to 3 days. Reheat in the air fryer at 350°F for 4-5 min.

Spicy Lentil Hummus Patties



Servings: 4



Prep Time: 12 min



Cook Time: 12-14 min

Ingredients:

- 1 cup cooked red or green lentils (about ½ cup dry)
- ½ cup plain hummus
- ½ cup rolled oats, ground into flour
- ¼ cup red onion, finely diced
- 2 tbsp parsley or cilantro, chopped
- 1 tbsp sriracha (or hot sauce)
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp chili flakes
- ½ tsp salt
- ¼ tsp black pepper
- olive oil spray (optional)

Step-by-Step Directions:

1. Set Air Fryer to 375°F.
2. Put lentils, hummus, oat flour, onion, herbs, spices, and sauce in a bowl. Press together with a fork until mostly smooth but still a little chunky.
3. Shape into 8 patties, about ½ inch thick. If too soft, add a spoon of oat flour.
4. Lightly spray basket, place patties in one layer. Air fry **14–16 min**, turning once, until browned and firm.
5. Let stand 2 minutes before enjoying.

Nutrition Information (Per Serving – 2 patties)

Calories: 240 | Protein: 12g | Carbs: 29g | Fat: 8g | Fiber: 8g | Sodium: 330mg | Potassium: 440mg

Pumpkin Seed Protein Crackers



Servings: 4



Prep Time: 10 min



Cook Time: 12 min

Ingredients:

- 1 cup rolled oats, ground into flour
- ½ cup raw pumpkin seeds
- ¼ cup chia seeds
- ¼ cup hemp hearts
- 2 tbsp nutritional yeast
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp sea salt
- ¼ tsp black pepper
- ¾ cup warm water
- olive oil spray (optional)

Optional:

- dried herbs
- smoked paprika, cayenne,
- extra seeds for topping

Step-by-Step Directions:

1. Heat Air Fryer to 325°F.
2. In the air fryer basket lined with parchment, stir oats, seeds, hemp, yeast, and seasonings.
3. Add warm water a little at a time until it holds together. Rest 5 min.
4. Press dough directly in the basket into a thin, even sheet (¼-inch). Mark or tear into squares.
5. Spray lightly with oil if desired. Air fry **10–12 min**, flipping once, until golden and crisp.
6. Leave in basket 5 min to firm up.

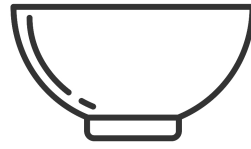
Nutrition Information (Per Serving – about 5 crackers)

Calories: 190 | Protein: 9g | Carbs: 14g | Fat: 11g | Fiber: 5g | Sodium: 180mg | Potassium: 220mg

Seitan Nuggets with Tahini Dip



Servings: 4



Prep Time: 12 min



Cook Time: 14 min

Ingredients:

- 12 oz seitan, cut into nuggets
- ½ cup breadcrumbs (whole grain or gluten-free)
- 2 tbsp nutritional yeast
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp onion powder
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ cup unsweetened plant-based milk
- 1 tbsp soy sauce or tamari
- 1 tbsp Dijon mustard (optional)
- olive oil spray (optional)

Tahini Dip

- ¼ cup tahini
- 2 tbsp lemon juice
- 2–3 tbsp water
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp cumin (optional)

Step-by-Step Directions:

Nuggets

1. Preheat air fryer to 375°F.
2. Stir plant milk, soy sauce, and mustard together in one dish. In another, toss breadcrumbs, yeast, and spices.
3. Coat each seitan piece first in the liquid, then in the dry mix.
4. Place in air fryer basket, spritz lightly with oil if desired.
5. Cook **12–14 min**, shaking halfway, until crisp and golden.

Dip

1. Blend tahini, lemon juice, garlic, salt, and cumin directly in a small air fryer-safe ramekin (or stir in a dish if preferred).
2. Add water bit by bit until smooth.

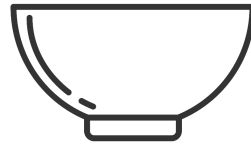
Nutrition Information (Per Serving – about 5 nuggets with dip)

Calories: 290 | Protein: 22g | Carbs: 19g | Fat: 14g | Fiber: 3g | Sodium: 420mg | Potassium: 280mg

Black Bean & Corn Poppers



Servings: 4



Prep Time: 12 min



Cook Time: 12-14 min

Ingredients:

- 1 can (15 oz) black beans (drained)
- ½ cup corn kernels
- ½ cup oat flour
- ¼ cup red bell pepper, diced
- ¼ cup red onion, diced
- 2 tbsp cilantro (optional)
- 2 tbsp nutritional yeast
- 1 tbsp ground flax + 3 tbsp water (sit 5 min)
- 1 tsp cumin
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper
- olive oil spray (optional)

Step-by-Step Directions:

1. Heat air fryer to 375°F.
2. Crush beans lightly in a bowl, then fold in corn, bell pepper, onion, cilantro, seasonings, and nutritional yeast.
3. Stir in flax gel and oat flour until the dough sticks together. Adjust with more oat flour or a splash of water if needed.
4. Shape into small rounds, pressing them slightly flat.
5. Place in the air fryer basket with space between, spritz with oil if desired. Cook **12-14 min**, turning once, until browned and crunchy.
6. Rest 2 min, then serve warm.

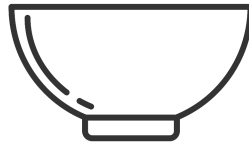
Nutrition Information (Per Serving – 4 poppers)

Calories: 220 | Protein: 11g | Carbs: 34g | Fat: 4g | Fiber: 9g | Sodium: 330mg | Potassium: 440mg

Air-Fried Falafel



Servings: 2



Prep Time: 12 min



Cook Time: 14 min

Ingredients:

- 1 can (15 oz) chickpeas, drained
- ½ cup oat flour
- ¼ cup parsley, chopped
- ¼ cup cilantro, chopped
- ¼ cup red onion, diced
- 2 garlic cloves, minced
- 1 tbsp lemon juice
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp baking powder
- ½ tsp salt
- ¼ tsp black pepper

Step-by-Step Directions:

1. Heat air fryer to 375°F.
2. Mash chickpeas in a bowl, then work in parsley, cilantro, onion, garlic, lemon juice, and other spices until blended but still textured.
3. Stir in oat flour until you can shape a steady dough. Adjust with a little water or extra flour if needed.
4. Form into small balls, pressing slightly flat.
5. Arrange in the basket with space in between. Cook **14–16 min**, turning halfway, until browned and firm.
6. Rest 2–3 min, then enjoy warm.

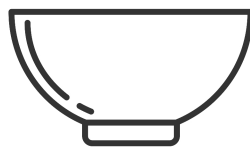
Nutrition Information (Per Serving – 3 falafels)

Calories: 170 | Protein: 9g | Carbs: 28g | Fat: 2.5g | Fiber: 7g | Sodium: 320mg | Potassium: 340mg

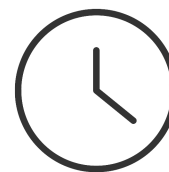
White Bean Garlic Spread on Toast Rounds



Servings: 4



Prep Time: 10 min



Cook Time: 6-8 min

Ingredients:

Toast Bites:

- 8 slices whole grain baguette or wheat bread, cut into small rounds
- olive oil spray (optional)
- ¼ tsp garlic powder
- pinch of sea salt

Bean Topping:

- 1 can (15 oz) cannellini or navy beans, rinsed
- 2 garlic cloves, minced
- 2 tbsp lemon juice
- 1 tbsp olive oil (or water/aquafaba)
- ½ tsp dried oregano (or parsley/basil/rosemary)
- ¼ tsp salt
- ¼ tsp black pepper
- 2-3 tbsp water (if needed)

Step-by-Step Directions:

Toast Bites:

1. Heat air fryer to 350°F.
2. Place bread slices in basket, coat lightly with oil spray if using, then dust with garlic powder and salt.
3. Cook **6-8 min**, turning once, until golden and crisp.

Bean Topping:

1. Mash beans, garlic, lemon juice, oil, oregano, salt, and pepper in a bowl with a fork until smooth. Add a splash of water if too thick.
2. Taste and adjust seasoning.
3. Place a spoonful of bean topping onto each toast bite and finish with fresh herbs if desired.

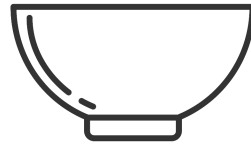
Nutrition Information (Per Serving – 2 toast rounds with spread)

Calories: 180 | Protein: 9g | Carbs: 30g | Fat: 3.5g | Fiber: 7g | Sodium: 270mg | Potassium: 320mg

Crispy Quinoa-Stuffed Mushrooms



Servings: 2



Prep Time: 12 min



Cook Time: 10-12 min

Ingredients:

- 12 medium white button mushrooms
- 1 cup cooked quinoa
- ¼ cup red bell pepper, diced
- ¼ cup spinach, chopped
- 2 tbsp red onion, diced
- 2 tbsp nutritional yeast
- 1 tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- olive oil spray (optional)

Optional:

- fresh parsley or basil
- vegan cheese, red pepper flakes

Step-by-Step Directions:

1. Air Fryer to 370°F.
2. First wipe mushrooms clean, pull out stems, and finely chop stems for the filling.
3. For filling combine quinoa, chopped stems, bell pepper, spinach, onion, nutritional yeast, and seasonings until blended.
4. Pack mixture firmly into each mushroom.
5. Mist with oil if desired, place in a single layer in the basket, and air fry **10–12 min** until golden on top and mushrooms are tender.
6. Let stand 2–3 min before serving.

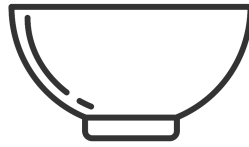
Nutrition Information (Per Serving – 3 stuffed mushrooms)

Calories: 160 | Protein: 8g | Carbs: 24g | Fat: 3g | Fiber: 4g | Sodium: 310mg | Potassium: 450mg

Edamame Garlic Fries



Servings: 4



Prep Time: 5 min



Cook Time: 12 min

Ingredients:

- 2 cups frozen shelled edamame, thawed and patted dry
- 1 tbsp olive oil (or spray)
- 1 tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp onion powder
- ¼ tsp salt
- ¼ tsp black pepper

Optional:

- nutritional yeast
- red pepper flakes
- fresh parsley or cilantro

Step-by-Step Directions:

1. Preheat Air Fryer. Set to 380°F.
2. Mix edamame with oil and spices until coated.
3. Press edamame slightly for one layer in the basket. Cook **12 min**, shaking halfway for even crispness.
4. If desired, cook 1–2 min longer for extra crunch.
5. Transfer to a bowl and top with optional garnishes. before serving.

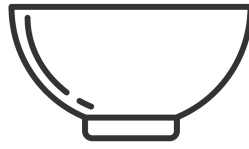
Nutritional Information (Per Serving)

Calories: 140 | Protein: 10g | Carbs: 8g | Fat: 6g | Fiber: 4g | Sodium: 160mg | Potassium: 370mg

Vegan Protein Pizza Bites



Servings: 2



Prep Time: 12 min



Cook Time: 14 min

Ingredients:

Base:

- 1 cup oat flour (rolled oats ground)
- ½ cup plant-based protein powder
- ½ cup plant yogurt or silken tofu
- 2 tbsp nutritional yeast
- ½ tsp garlic powder
- ½ tsp Italian seasoning
- ¼ tsp salt
- ¼ tsp black pepper
- 2 tbsp water (adjust for dough)

Filling:

- ¼ cup pizza sauce
- ¼ cup vegan mozzarella shreds
- ¼ cup diced bell pepper
- 2 tbsp chopped spinach or basil (optional)

Step-by-Step Directions:

1. Preheat air fryer to 360°F.
2. Form Dough by pressing base ingredients with water until soft and pliable.
3. To assemble bites to divide dough into 16 pieces. Flatten each to 2-inch circles, top with sauce, cheese, and veggies. Fold edges over and roll into balls, sealing tightly.
4. Place in a single layer in the Air Fryer basket. Fry **10–12 min**, turning halfway, until golden and crisp.
5. Serve: Let rest 2–3 min, then enjoy with extra sauce or garnishes.

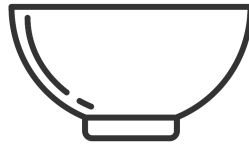
Nutritional Information (Per Serving – 4 bites)

Calories: 210 | Protein: 15g | Carbs: 22g | Fat: 6g | Fiber: 4g | Sodium: 310mg | Potassium: 220mg

Spiced Lentil Rice Balls



Servings: 2



Prep Time: 15 min



Cook Time: 12-14 min

Ingredients:

- 1 cup cooked brown rice
- 1 cup cooked lentils (brown or green)
- ½ cup coarse oat flour
- ¼ cup chopped red onion
- 2 cloves garlic, minced
- 2 tbsp nutritional yeast (optional)
- 2 tsp soy sauce or tamari
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp turmeric
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp black pepper
- ½ tsp salt
- olive oil spray (optional)

Step-by-Step Directions:

1. Preheat air fryer to 375°F.
2. Press rice and lentils slightly, then fold in oat flour, onion, garlic, spices, soy sauce, and nutritional yeast until mixture holds together. Add 1 tbsp water if too dry.
3. Roll 2 tbsp portions into tight spheres.
4. Lightly spray basket. Place balls in a single layer. Fry **12-14 min**, turning halfway, until crisp and golden.
5. Let rest 2-3 min, then enjoy with desired sauce or garnishes.

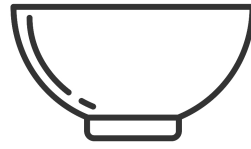
Nutritional Information (Per Serving – 4 balls)

Calories: 220 | Protein: 10g | Carbs: 37g | Fat: 3g | Fiber: 7g | Sodium: 280mg | Potassium: 340mg

Air-Fried Tempeh Strips



Servings: 4



Prep Time: 12 min



Cook Time: 14 min

Ingredients:

- 8 oz tempeh, cut into ¼-inch strips
- 2 tbsp soy sauce or tamari
- 1 tbsp maple syrup or agave
- 1 tbsp apple cider vinegar or lemon juice
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp black pepper
- 1 tbsp olive oil or spray

Optional:

- cayenne/red pepper flakes
- nutritional yeast
- fresh herbs

Step-by-Step Directions:

1. Toss tempeh with soy sauce, syrup, vinegar, garlic powder, paprika, and pepper. Let sit 10–30 min.
2. Heat air fryer to 375°F. Lightly coat basket with oil.
3. Arrange strips in a single layer in the Air Fryer. Fry **12–14 min**, flipping once, until golden and crisp.
4. Let rest 2 min, then garnish or serve with sauce as desired.

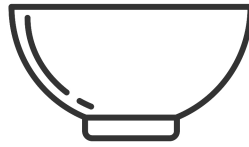
Nutritional Information (Per Serving)

Calories: 180 | Protein: 14g | Carbs: 11g | Fat: 9g | Fiber: 4g | Sodium: 340mg | Potassium: 300mg

Sunflower Seed Cheese & Cucumber Discs



Servings: 2



Prep Time: 10 min



Cook Time: 6-6 min

Ingredients:

Sunflower Seed Cheese:

- ¾ cup raw sunflower seeds, soaked 30 min and drained
- 2 tbsp nutritional yeast
- 1 tbsp lemon juice
- 1 clove garlic, minced
- ¼ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp garlic powder
- 3-4 tbsp water (as needed)

Cucumber Base:

- 1 large cucumber, cut into ½-inch discs (12 slices)
- olive oil spray (optional)

Step-by-Step Directions:

1. Blend sunflower seeds, yeast, lemon, garlic, salt, pepper, garlic powder, and water until creamy.
2. Heat air fryer to 370°F. Lightly oil basket.
3. Place 1 tbsp cheese on each cucumber slice.
4. Arrange in single layer. Cook **6-8 min** until topping lightly browns and firms.
5. Let rest 1-2 min, then garnish as desired.

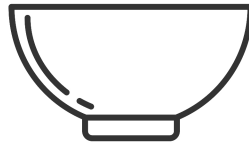
Nutritional Information (Per Serving – 3 discs)

Calories: 140 | Protein: 6g | Carbs: 7g | Fat: 11g | Fiber: 2g | Sodium: 120mg | Potassium: 220mg

Chickpea Pita Chips with Avocado Cream



Servings: 4



Prep Time: 10 min



Cook Time: 8-10 min

Ingredients:

Chips:

- 2 large whole-grain pita breads, cut into triangles
- 2 tbsp chickpea flour
- 1 tbsp olive oil or spray
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp cumin
- ¼ tsp salt
- ¼ tsp black pepper

Avocado Cream:

- 1 ripe avocado, peeled and pitted
- ¼ cup plant-based yogurt
- 1 tbsp lime juice
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper
- 2 tbsp chopped fresh cilantro

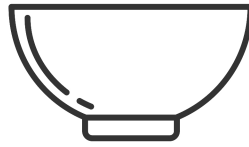
Step-by-Step Directions:

1. Preheat Air Fryer to 360°F.
2. Coat pita triangles with oil, chickpea flour, and spices.
3. Place in a single layer. Cook **8–10 min**, tossing halfway, until crisp and golden.
4. Mash avocado with yogurt, lime, garlic powder, salt, and pepper until smooth. Fold in cilantro.
5. Plate chips and top with or dip into avocado cream. Garnish if desired.

Nutritional Information (Per Serving)

Calories: 220 | Protein: 6g | Carbs: 24g | Fat: 12g | Fiber: 6g | Sodium: 320mg | Potassium: 420mg

Green Pea Fritters



Servings: 42

Prep Time: 12 min

Cook Time: 14 min

Ingredients:

- 2 cups frozen green peas, thawed
- ½ cup oat flour
- ¼ cup chickpea flour
- 2 tbsp ground flax + 6 tbsp water (flax gel)
- ¼ cup chopped parsley or cilantro
- 2 garlic cloves, minced
- 2 green onions, chopped (or ¼ cup red onion)
- 1 tsp cumin
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper
- olive oil spray

Optional:

- nutritional yeast, chili flakes, lemon juice

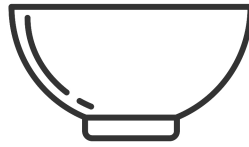
Step-by-Step Directions:

1. Stir flax with water, let thicken 10 min.
2. Preheat Air fryer to 375°F.
3. Lightly mash peas, leaving some texture. Fold in oat flour, chickpea flour, flax gel, herbs, garlic, onion, and spices until thick and sticky.
4. Shape 2-tbsp portions into ½-inch patties.
5. Air Fry: Spray basket lightly. Arrange patties in one layer. Cook **12–14 min**, turning halfway, until golden and crisp.
6. Let rest 1–2 min before eating.

Nutrition Information (Per Serving – 3 fritters)

Calories: 210 | Protein: 11g | Carbs: 29g | Fat: 5g | Fiber: 7g | Sodium: 280mg | Potassium: 420mg

Tahini-Crusted Cauliflower Bites



Servings: 2

Prep Time: 12 min

Cook Time: 14 min

Ingredients:

- 1 medium cauliflower, cut into florets (about 4 cups)
- ¼ cup tahini
- 2 tbsp lemon juice
- 1 tbsp maple syrup (or agave)
- 1 tbsp soy sauce or tamari
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ¼ tsp cumin
- ¼ tsp salt
- 2–3 tbsp water
- olive oil spray (optional)

Optional:

- nutritional yeast
- chili flakes, sesame seeds

Step-by-Step Directions:

1. Warm air fryer at 375°F for 3 min.
2. Stir tahini, lemon juice, maple syrup, soy sauce, garlic powder, paprika, cumin, and salt. Add water slowly until smooth and thick but pourable.
3. Drop cauliflower into the sauce and turn until fully covered.
4. Spray air fryer basket. Arrange florets in one layer. Cook **15 min**, shake once halfway, until edges look crisp and golden.
5. Rest for 2 min in the basket. Move to a plate and sprinkle with any extras.

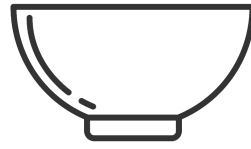
Nutrition Information (Per Serving)

Calories: 170 | Protein: 7g | Carbs: 19g | Fat: 9g | Fiber: 6g | Sodium: 270mg | Potassium: 620mg

Air-Fried Zucchini Chickpea Discs



Servings: 2



Prep Time: 15 min



Cook Time: 14 min

Ingredients:

- 1 medium zucchini, grated and drained
- 1 can (15 oz) chickpeas, drained
- ½ cup oat flour
- 2 tbsp ground flax + 6 tbsp water (flax gel)
- ¼ cup red onion, finely diced
- 2 garlic cloves, minced
- 2 tbsp nutritional yeast (optional)
- 1 tsp cumin
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper
- olive oil spray

Optional:

- parsley/cilantro
- red chili flakes
- vegan cheese shreds
- lemon juice

Step-by-Step Directions:

1. Combine flax and water; let thicken 10 min.
2. Preheat Air fryer to 375°F.
3. Lightly mash chickpeas, leaving some texture. Stir in zucchini, oat flour, flax gel, onion, garlic, nutritional yeast, and spices until sticky.
4. Shape into 12 small patties, ½ inch thick.
5. Spray basket lightly. Place patties in one layer. Cook **12-14 min**, flipping halfway, until golden and firm.
6. Let rest 1-2 min before eating.

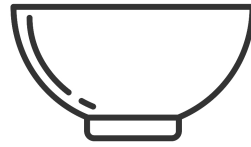
Nutrition Information (Per Serving – 3 discs)

Calories: 220 | Protein: 11g | Carbs: 32g | Fat: 5g | Fiber: 8g | Sodium: 300mg | Potassium: 450mg

Red Bean & Sweet Potato Pinwheels



Servings: 2



Prep Time: 12 min



Cook Time: 14 min

Ingredients:

Filling:

- 1 medium sweet potato, cooked and lightly mashed
- 1 cup cooked red beans, rinsed
- ¼ cup red onion, finely diced
- 1 garlic clove, minced
- 1 tbsp nutritional yeast (optional)
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp chili powder (optional)
- ¼ tsp salt
- ¼ tsp black pepper

Dough:

- 1 sheet whole wheat puff pastry (thawed) or tortilla wraps
- olive oil spray

Step-by-Step Directions:

1. Preheat Air fryer to 375°F.
2. Lightly mash sweet potato and red beans, leaving some texture. Fold in onion, garlic, spices, and nutritional yeast.
3. Lay dough flat. Evenly layer filling, leaving ½ inch at edges. Roll into a log and cut into 12 slices.
4. Spray basket lightly. Arrange pinwheels in one layer. Cook **12–14 min**, flipping halfway, until golden and crisp.
5. Let rest 1–2 min and garnish as desired.

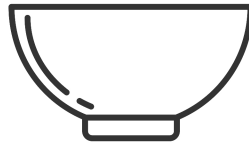
Nutrition Information (Per Serving – 3 pinwheels)

Calories: 260 | Protein: 8g | Carbs: 38g | Fat: 8g | Fiber: 7g | Sodium: 280mg | Potassium: 490mg

Smoky BBQ Tofu Fingers



Servings: 4



Prep Time: 15 min



Cook Time: 14-16 min

Ingredients:

Tofu Fingers:

- 1 block (14 oz) extra-firm tofu, cut into 12 sticks
- ½ cup BBQ sauce (vegan)
- 2 tbsp soy sauce or tamari
- 1 tbsp maple syrup (optional)
- ½ tsp liquid smoke (optional)

Crust:

- ½ cup breadcrumbs (regular or gluten-free)
- 2 tbsp nutritional yeast
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp black pepper
- olive oil spray

Optional: Fresh herbs + extra BBQ sauce

Step-by-Step Directions:

1. Set air fryer to 375°F for 3 minutes.
2. Place tofu in basket. Coat with BBQ sauce, soy, maple, and liquid smoke. Leave inside for 10 minutes.
3. In the same basket, scatter breadcrumbs, yeast, paprika, garlic, onion, and pepper. Blend gently.
4. Press each tofu stick into crumbs until fully coated.
5. Spray basket lightly with oil. Arrange sticks in one layer.
6. Cook at 375°F for **14–16 minutes**, flipping once, until crisp and browned.
7. Rest 2 minutes, garnish with herbs, and serve with extra BBQ sauce.

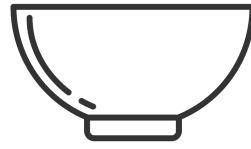
Nutrition Information (Per Serving – 3 tofu fingers)

Calories: 220 | Protein: 15g | Carbs: 20g | Fat: 9g | Fiber: 4g | Sodium: 420mg | Potassium: 360mg

Protein Power Trail Mix Clusters



Servings: 4



Prep Time: 12 min



Cook Time: 14 min

Ingredients:

- 1 cup rolled oats
- ¼ cup vanilla protein powder
- ¼ cup almonds, chopped
- ¼ cup pumpkin seeds
- 2 tbsp sunflower seeds
- 2 tbsp chia seeds or hemp hearts
- ¼ cup raisins or cranberries
- ¼ cup maple syrup or agave
- 2 tbsp almond or peanut butter
- 1 tsp vanilla extract
- ½ tsp cinnamon
- pinch of salt

Optional:

- 2 tbsp chocolate chips
- 1 tbsp coconut

Step-by-Step Directions:

1. Heat air fryer to 325°F for 3 minutes.
2. In the basket, stir syrup, nut butter, and vanilla until blended.
3. Add oats, protein powder, nuts, seeds, fruit, cinnamon, and salt. Toss until evenly coated.
4. Shape into small mounds with a spoon, pressing them together.
5. Cook at 325°F for **8–10 minutes** until golden.
6. Leave in basket 10 minutes to firm before removing.

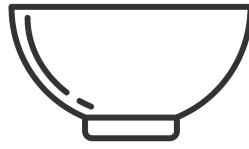
Nutrition Information (Per Serving – 3 clusters)

Calories: 240 | Protein: 11g | Carbs: 28g | Fat: 10g | Fiber: 6g | Sodium: 120mg | Potassium: 360mg

Lentil & Rice Stuffed Mini Peppers



Servings: 4



Prep Time: 12 min



Cook Time: 14 min

Ingredients:

Filling:

- 1 cup cooked lentils (green or brown)
- 1 cup cooked brown rice (or quinoa)
- ¼ cup red onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp tomato paste
- 1 tbsp nutritional yeast (optional)
- 1 tsp cumin
- ½ tsp smoked paprika
- ½ tsp oregano
- ¼ tsp salt (to taste)
- ¼ tsp black pepper
- 1 tbsp lemon juice

Peppers:

- 16 mini bell peppers, halved and seeded
- olive oil spray

Step-by-Step Directions:

1. Set air fryer to 375°F.
2. Toss lentils, rice, onion, garlic, tomato paste, nutritional yeast, cumin, paprika, oregano, salt, pepper, and lemon juice in a bowl until combined.
3. Pack mixture into each pepper half.
4. Mist fryer basket with oil. Place peppers inside in one layer. Fry **10–12 min** until tender and slightly charred.
5. Rest 2 min, then enjoy warm.

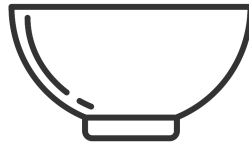
Nutrition Information (Per Serving – 4 peppers)

Calories: 230 | Protein: 10g | Carbs: 38g | Fat: 4g | Fiber: 9g | Sodium: 300mg | Potassium: 580mg

Tempeh-Turmeric Sliders



Servings: 4



Prep Time: 12 min



Cook Time: 12-14 min

Ingredients:

- 8 oz tempeh, crumbled
- ½ cup cooked brown rice (or quinoa)
- 2 tbsp ground flax seeds + 6 tbsp water
- 2 tbsp nutritional yeast
- 1 tbsp soy sauce or tamari
- 1 tbsp lemon juice
- 1 tsp turmeric
- ½ tsp cumin
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp black pepper
- ¼ tsp salt
- olive oil spray
- 6 mini slider buns (or lettuce wraps)
- spinach or arugula, tomato slices, vegan yogurt/tahini sauce

Step-by-Step Directions:

1. Heat fryer to 375°F or 3 min.
2. In basket, stir flax seeds with water and let it thicken 5 min.
3. Add tempeh, rice, yeast, soy sauce, lemon juice, and spices right into the basket. Stir until it clumps together.
4. Shape into 6 patties by pressing mixture firmly with hands.
5. Spray basket. Set patties inside in one layer. Fry **12-14 min**, flip halfway, until browned and firm.
6. Place patties into buns with greens, tomato, and sauce. Add extras if you like.

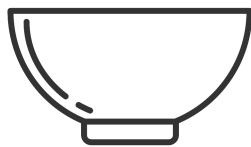
Nutrition Information (Per Serving – 2 sliders)

Calories: 320 | Protein: 18g | Carbs: 38g | Fat: 11g | Fiber: 7g | Sodium: 420mg | Potassium: 470mg

Mushroom-Tofu “Bacon” Bites



Servings: 4



Prep Time: 12 min



Cook Time: 12-14 min

Ingredients:

- 1 block (14 oz) extra-firm tofu, drained and cubed
- 8 oz mushrooms, quartered
- 2 tbsp soy sauce or tamari
- 1 tbsp maple syrup or agave
- 1 tbsp apple cider or balsamic vinegar
- 1 tbsp olive or avocado oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp liquid smoke (optional)
- ¼ tsp black pepper
- olive oil spray

Optional:

- 1 tbsp nutritional yeast
- pinch of chili flakes

Step-by-Step Directions:

1. Drain tofu well and cut into ½-inch cubes.
2. Combine all seasonings in the air fryer basket. Add tofu and mushrooms, stir around until coated.
3. Set air fryer to 375°F for 3 minutes to heat.
4. Cook tofu and mushrooms at 375°F for **12–14 minutes**, shaking basket halfway, until browned and crisp.
5. Rest briefly inside the basket, then serve hot.

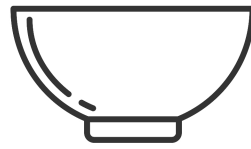
Nutrition Information (Per Serving)

Calories: 210 | Protein: 13g | Carbs: 11g | Fat: 12g | Fiber: 4g | Sodium: 420 mg | Potassium: 480 mg

Smashed Bean & Veggie Quesadilla Triangles



Servings: 4



Prep Time: 12 min



Cook Time: 14 min

Ingredients:

- 1 can (15 oz) black or pinto beans, rinsed
- ½ cup corn kernels
- ½ cup red bell pepper, diced
- ¼ cup red onion, diced
- 1 tbsp lime juice
- 1 tbsp nutritional yeast (optional)
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp ground cumin
- ¼ tsp chili powder (optional)
- ¼ tsp salt
- 2 tbsp fresh cilantro, chopped (optional)
- 4 whole-grain tortillas (8-inch)
- olive oil spray

Step-by-Step Directions:

1. Preheat air fryer to 375°F for 3 minutes.
2. Press beans with a fork until partly smooth. Add corn, pepper, onion, lime juice, spices, and cilantro. Stir until blended.
3. Place ¼ of the mixture on one side of a tortilla. Fold in half, then slice into 2 triangles. Do the same with the rest.
4. Lightly mist the basket with oil. Arrange triangles in one layer (work in batches if needed). Cook at 375°F for **8–10 minutes**, turning halfway, until browned and crunchy.
5. Serve Hot! Let them sit for 2 minutes, then enjoy with salsa, guacamole, or vegan sour cream

Nutrition Information (Per Serving – 2 triangles)

Calories: 260 | Protein: 11g | Carbs: 39g | Fat: 7g | Fiber: 9g | Sodium: 360mg | Potassium: 520mg

Teriyaki Tofu Steaks with Edamame



Servings: 4



Prep Time: 12 min



Cook Time: 16 min

Ingredients:

- 1 block (16 oz) extra-firm tofu, cut into 8 thick slices
- 2 tbsp soy sauce or tamari
- 2 tbsp maple syrup or brown sugar
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp fresh or ½ tsp ground ginger
- 2 cloves garlic, minced
- 1 tsp cornstarch + 1 tbsp water
- ½ tsp chili flakes (optional)
- 2 cups shelled edamame
- 1 tsp soy sauce
- ½ tsp sesame oil
- pinch black pepper

Step-by-Step Directions:

1. Preheat air fryer to 375°F for 3 minutes.
2. Stir together soy sauce, maple syrup, vinegar, sesame oil, ginger, garlic, cornstarch slurry, and chili flakes. Coat tofu slices on all sides.
3. Lightly oil the basket. Arrange tofu in one layer. Fry **14–16 minutes**, turning halfway, until browned and glossy.
4. With 5 minutes left, place edamame in the basket. Drizzle with soy sauce, sesame oil, and pepper.
5. Plate tofu with edamame. Finish with sesame seeds, cilantro, green onion, or lime if desired.

Nutrition Information (Per Serving)

Calories: 320 | Protein: 23g | Carbs: 22g | Fat: 14g | Fiber: 7g | Sodium: 520mg | Potassium: 610mg

MAIN DISHES

Chickpea & Quinoa Patties



Servings: 4



Prep Time: 12 min



Cook Time: 14-16 min

Ingredients:

- 1 can (15 oz) chickpeas, rinsed
- 1 cup cooked quinoa
- ½ cup oat flour
- 2 tbsp ground flax + 6 tbsp water (flax egg)
- ½ cup red onion, diced
- 2 cloves garlic, minced
- ½ cup grated carrot
- ¼ cup parsley or cilantro, chopped
- 2 tbsp nutritional yeast (optional)
- 1 tbsp lemon juice
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper
- olive oil spray

Step-by-Step Directions:

1. Make a flax egg. Combine flax and water; let thicken 10 minutes.
2. Preheat to 375°F.
3. Mash chickpeas lightly, then fold in quinoa, oat flour, flax egg, onion, garlic, carrot, parsley, nutritional yeast, lemon juice, spices, and salt. Add more oat flour if mixture is too soft.
4. Form 8 patties, about ½-inch thick.
5. Spray basket lightly. Arrange patties in one layer. Fry **14-16 minutes**, flipping halfway, until golden and firm.
6. Rest 2 minutes, then enjoy warm.

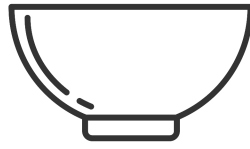
Nutrition Information (Per Serving – 2 patties)

Calories: 340 | Protein: 16g | Carbs: 52g | Fat: 8g | Fiber: 11g | Sodium: 370mg | Potassium: 610mg

Air-Fried Lentil Loaf Squares



Servings: 4



Prep Time: 12 min



Cook Time: 18-20 min

Ingredients:

- 1 ½ cups cooked green or brown lentils (about 1 cup dry)
- 1 cup cooked brown rice (or quinoa)
- ½ cup rolled oats (blended into oat flour)
- ¼ cup ground flax seeds + ½ cup water (flax “egg”)
- ½ cup carrot, grated
- ½ cup red bell pepper, finely diced
- ½ cup onion, finely chopped
- 2 cloves garlic, minced
- 3 tbsps tomato paste
- 2 tbsps soy sauce or tamari (gluten-free option)
- 1 tbsp nutritional yeast (optional, for cheesy depth)
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp thyme
- ½ tsp garlic powder
- ½ tsp salt and black pepper

Step-by-Step Directions:

1. Combine flax and water to make a flax egg; let thicken 10 minutes.
2. Preheat to 370°F.
3. Mash lentils slightly. Fold in rice, oat flour, flax egg, carrot, bell pepper, onion, garlic, tomato paste, soy sauce, nutritional yeast, and spices until dough holds together.
4. Form 8 squares directly in the air fryer basket. Lightly spray with oil.
5. Cook **18–20 minutes**, turning halfway, until golden and firm. Optionally, brush glaze on during last 5 minutes.
6. Rest 2 minutes, then enjoy.

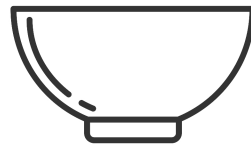
Nutrition Information (Per Serving – 2 squares)

Calories: 360 | Protein: 19g | Carbs: 48g | Fat: 9g | Fiber: 12g | Sodium: 420mg | Potassium: 700mg

Sweet Potato Black Bean Burrito Wraps



Servings: 4



Prep Time: 20 min



Cook Time: 14-16 min

Ingredients:

- 2 medium sweet potatoes, peeled, cubed (~3 cups)
- 1 can black beans, drained
- 1 small red onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 tbsp olive oil or spray
- 1 tsp smoked paprika
- 1 tsp cumin
- ½ tsp chili powder (optional)
- ½ tsp salt | ¼ tsp black pepper
- Juice of ½ lime
- 4 large whole-grain tortillas
- ½ cup spinach or kale
- ½ cup cooked brown rice (optional)

Optional:

- vegan cheese
- avocado

Step-by-Step Directions:

1. Preheat to 375°F
2. Toss cubes with oil and spices. Place in air fryer basket and roast 12 min, shaking once, until tender.
3. Combine roasted sweet potatoes, beans, onion, bell pepper, garlic, lime juice, and optional rice.
4. Layer ¼ filling on each tortilla with spinach and optional toppings. Fold sides and roll tightly.
5. Lightly oil the outside. Place seam-side down in air fryer. Cook **8-10 min**, flipping once, until golden.
6. Enjoy warm with salsa or guacamole.

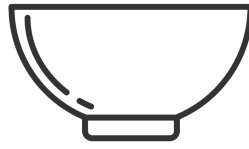
Nutrition Information (Per Serving – 1 burrito)

Calories: 420 | Protein: 15g | Carbs: 67g | Fat: 10g | Fiber: 14g | Sodium: 480mg | Potassium: 890mg

Marinated Tempeh Bowls



Servings: 4



Prep Time: 20 min



Cook Time: 14-16 min

Ingredients:

- 16 oz tempeh, cut into ½-inch cubes
- 3 tbsp soy sauce or tamari
- 1 tbsp maple syrup
- 1 tbsp toasted sesame oil
- 1 tbsp rice vinegar or lemon juice
- 2 tsp fresh ginger, grated
- 2 cloves garlic, minced
- ½ tsp smoked paprika | ¼ tsp black pepper
- 2 cups cooked brown rice or quinoa
- 1 cup broccoli florets, steamed
- 1 cup shredded carrots
- 1 cup sliced cucumber
- 1 small avocado, sliced
- 2 tbsp sesame seeds (optional)

Step-by-Step Directions:

1. Marinate tempeh with soy sauce, maple syrup, sesame oil, rice vinegar, ginger, garlic, paprika, and pepper. Let sit 20 min.
2. Set Air Fryer to 375°F
3. Lightly oil the tray. Arrange tempeh in one layer. Air fry **14-16 min**, shaking halfway, until golden and crispy.
4. Divide rice, broccoli, carrots, cucumber, and avocado among bowls. Top with tempeh.
5. Drizzle with tahini sauce and sprinkle sesame seeds. Serve immediately.

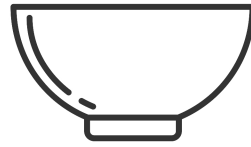
Nutrition Information (Per Serving – 1 bowl)

Calories: 510 | Protein: 27g | Carbs: 56g | Fat: 21g | Fiber: 11g | Sodium: 620mg | Potassium: 890mg

Crispy Air-Fried Seitan Tenders



Servings: 4



Prep Time: 15 min



Cook Time: 14-16 min

Ingredients:

- 16 oz (1 lb) seitan, cut into 12 strips
- ½ cup unsweetened soy or oat milk
- 1 tsp apple cider vinegar
- ¾ cup whole wheat or gluten-free breadcrumbs
- ¼ cup nutritional yeast
- 2 tbsp cornstarch
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- olive oil spray

Step-by-Step Directions:

1. Set air fryer to 380°F for 3 minutes.
2. Combine milk with vinegar directly in the fryer-safe tray and leave for 5 minutes.
3. Place breadcrumbs, nutritional yeast, cornstarch, and spices in the tray and stir together.
4. Drag each strip through the milk mix, then roll in the crumb blend. Press gently so the crust sticks.
5. Spray the fryer basket, lay tenders in one layer, mist the tops, and cook at 380°F for 14–16 min, turning once.
6. Let them rest in the basket 2 minutes, then enjoy with sauce or lemon.

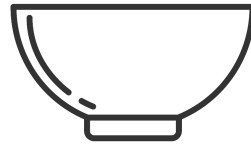
Nutrition Information (Per Serving – 3 tenders, no dipping sauce)

Calories: 310 | Protein: 29g | Carbs: 20g | Fat: 9g | Fiber: 5g | Sodium: 460mg | Potassium: 370mg

Thai Peanut Chickpea Wraps



Servings: 4



Prep Time: 20 min



Cook Time: 15 min

Ingredients:

Chickpeas:

- 2 cans chickpeas, rinsed & dried
- 1 tbsp olive oil (or spray)
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp salt

Peanut Sauce:

- ¼ cup peanut butter
- 2 tbsp soy sauce or tamari
- 1 tbsp lime juice
- 1 tbsp maple syrup
- 2-3 tbsp warm water

Wraps:

- 4 whole-grain tortillas
- 1 cup shredded cabbage (or carrots)
- 1 cucumber, sliced into strips
- 1 red bell pepper, thinly sliced

Step-by-Step Directions:

1. Heat fryer to 375°F for 3 min. Coat chickpeas with oil and spices, place in basket, and cook **15 min**, shaking halfway, until crisp.
2. Stir peanut butter, soy sauce, maple syrup, lime juice, ginger, garlic, and water in the fryer-safe tray until smooth.
3. Warm tortillas in fryer at 320°F for 1-2 min until flexible.
4. Lay fillings on tortillas, add chickpeas, drizzle with sauce, tuck in sides, and roll tight.
5. Place wraps seam-down in fryer, spray lightly, and cook 350°F for 4-5 min until golden.

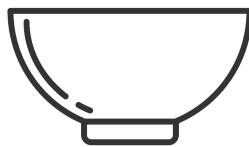
Nutrition Information (Per Serving – 1 wrap)

Calories: 480 | Protein: 20g | Carbs: 58g | Fat: 18g | Fiber: 12g | Sodium: 560mg | Potassium: 820mg

Miso Tofu & Broccoli Stir Fry



Servings: 4



Prep Time: 5 min



Cook Time: 14-16 min

Ingredients:

- 16 oz extra-firm tofu, cubed
- 2 tbsp white miso paste
- 2 tbsp soy sauce or tamari
- 1 tbsp maple syrup
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp grated ginger
- 2 garlic cloves, minced
- 1 tsp sriracha (optional)
- 3 cups broccoli florets
- 1 red bell pepper, sliced
- 1 carrot, thin strips
- olive oil spray
- pinch of salt & pepper

Step-by-Step Directions:

1. Place tofu in the air fryer basket. Add miso, soy sauce, maple syrup, vinegar, sesame oil, ginger, garlic, and sriracha. Roll tofu around until coated. Let sit 10 minutes.
2. Set air fryer to 375°F. Cook tofu 12–14 minutes, shaking basket halfway, until browned. Remove and set aside.
3. Add broccoli, bell pepper, and carrot to the basket. Spray lightly with oil, sprinkle salt and pepper. Cook at 375°F for **7–8 minutes**, tossing once.
4. Return tofu to basket with veggies, tumble together for 1 minute at 350°F. Serve warm with sesame seeds or green onion if desired.

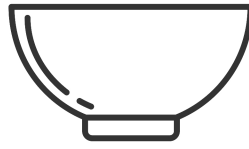
Nutrition Information (Per Serving – with ½ cup cooked brown rice)

Calories: 420 | Protein: 23g | Carbs: 48g | Fat: 16g | Fiber: 9g | Sodium: 580mg | Potassium: 760mg

Spaghetti Squash with Vegan Meatballs



Servings: 4



Prep Time: 20 min



Cook Time: 25-28 min

Ingredients:

- 1 medium spaghetti squash (3 lbs)
- olive oil spray, salt, pepper
- 1 can chickpeas (15 oz), drained
- ½ cup cooked quinoa or rice
- ½ cup oat flour
- ¼ cup onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp flax seeds + 4 tbsp water
- 1 tbsp soy sauce
- 1 tsp Italian herbs
- ½ tsp smoked paprika
- 2 cups marinara sauce
- fresh basil (optional)

Step-by-Step Directions:

1. Slice squash in half, scoop seeds, mist with oil, season with salt and pepper. Place cut side up in air fryer. Cook at 370°F for 20–22 min until strands pull apart easily.
2. Mash chickpeas inside air fryer basket with a fork. Add quinoa, oat flour, onion, garlic, flax seeds with water, soy sauce, herbs, paprika, and salt. Press into 16 small balls right in the basket.
3. Air fry at 375°F for **12–14 min**, rolling halfway, until firm and browned.
4. Scrape squash into strands. Put into bowls, add meatballs, pour marinara straight from jar, garnish with basil if desired.

Nutrition Information (Per Serving – 1/4 recipe with 4 meatballs)

Calories: 390 | Protein: 19g | Carbs: 58g | Fat: 10g | Fiber: 13g | Sodium: 540mg | Potassium: 870mg

Cauliflower Tofu Tikka Bites



Servings: 4



Prep Time: 20 min



Cook Time: 16-18 min

Ingredients:

- ½ cup unsweetened coconut or soy yogurt
- 2 tbsp tomato paste
- 1 tbsp lemon juice
- 2 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 1 tsp each: cumin, smoked paprika, garam masala
- ½ tsp each: turmeric, ground coriander, salt
- ¼ tsp black pepper
- 14 oz extra-firm tofu, cubed
- 3 cups cauliflower florets
- olive oil spray

Step-by-Step Directions:

1. Heat to 375°F for 3 minutes.
2. In the fryer basket, coat tofu and cauliflower with yogurt, tomato paste, lemon, garlic, ginger, and spices until covered.
3. Spray lightly with oil, set pieces in one layer. Fry **16–18 minutes**, shaking halfway, until crisp and browned.
4. Enjoy hot, with rice, naan, or a squeeze of lemon.

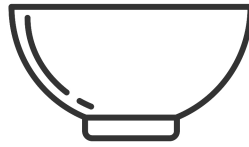
Nutrition Information (Per Serving – ¼ of recipe)

Calories: 255 | Protein: 18g | Carbs: 28g | Fat: 15g | Fiber: 9g | Sodium: 430mg | Potassium: 720mg

Protein-Packed Mexican Lasagna



Servings: 4



Prep Time: 25 min



Cook Time: 18-20 min

Ingredients:

- 1 block (14 oz) tofu, crumbled
- 1 can (15 oz) black beans, rinsed
- 1 cup cooked lentils
- 1 small red onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1 tsp cumin
- ½ tsp chili powder (optional)
- ½ tsp salt
- ¼ tsp black pepper
- 1 ½ cups salsa
- 1 cup tomato sauce
- 6 medium whole wheat tortillas
- ½ cup corn
- ½ cup vegan cheese (optional)
- vegan sour cream

Step-by-Step Directions:

1. Set to 350°F.
2. In a heat-safe dish, combine tofu, beans, lentils, onion, bell pepper, garlic, and spices. Place in the air fryer for 8 minutes, stirring once, until tender.
3. In the same dish, add salsa and tomato sauce, stir to coat everything evenly.
4. Remove half the filling, place a tortilla on the bottom, add some filling, corn, and sauce. Repeat layers until full, finishing with tortilla, sauce, and cheese if using.
5. Return dish to air fryer and cook **18–20 minutes**, until hot in the center and slightly crisp on top.
6. Rest 5 minutes, then cut into slices. Top with cilantro, avocado, or lime if desire

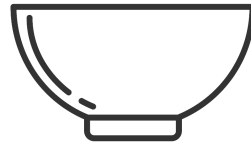
Nutrition Information (Per Serving – 1/6 recipe)

Calories: 410 | Protein: 24g | Carbs: 54g | Fat: 12g | Fiber: 11g | Sodium: 620mg | Potassium: 890mg

Seitan and Lentil Stuffed Peppers



Servings: 4



Prep Time: 25 min



Cook Time: 18-20 min

Ingredients:

- 4 bell peppers, tops removed and seeded
- olive oil spray
- 1 cup cooked lentils
- 1 cup finely chopped seitan
- ½ cup cooked brown rice (or quinoa)
- ½ cup diced red onion
- ½ cup diced zucchini
- 2 garlic cloves, minced
- 2 tbsp tomato paste
- 1 tbsp soy sauce or tamari
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp oregano
- ¼ tsp black pepper
- ¼ tsp salt (or to taste)
- 2 tbsp nutritional yeast (optional)
- juice of ½ lemon

Step-by-Step Directions:

1. Heat Air Fryer to 375°F for 3 minutes.
2. Place lentils, seitan, rice, onion, zucchini, garlic, tomato paste, soy sauce, spices, nutritional yeast, and lemon juice in a bowl. Stir until evenly blended.
3. Pack the mixture into peppers, pressing gently so they hold together.
4. Spray peppers lightly with oil, place in the air fryer basket, and cook at 375°F for **16-18 minutes** until soft and slightly browned.
5. Rest for 2 minutes before enjoying.

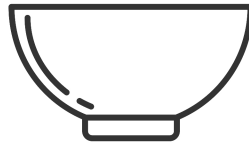
Nutrition Information (Per Serving – 1 stuffed pepper)

Calories: 380 | Protein: 26g | Carbs: 48g | Fat: 9g | Fiber: 13g | Sodium: 520mg | Potassium: 940mg

Savory Mushroom-Quinoa Cakes



Servings: 4



Prep Time: 25 min



Cook Time: 14-16 min

Ingredients:

- 2 cups cooked quinoa
- 2 cups mushrooms, finely chopped
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp soy sauce or tamari
- 2 tbsp nutritional yeast (optional)
- 2 tbsp ground flax seeds + 6 tbsp water
- ½ cup oat flour (blend oats if needed)
- 1 tsp smoked paprika
- 1 tsp dried thyme or oregano
- ½ tsp black pepper
- ½ tsp salt
- olive oil spray

Step-by-Step Directions:

1. Stir flax seeds with water in a small bowl and leave 10 minutes until thick.
2. Place mushrooms, onion, and garlic in the air fryer basket. Spray lightly, cook at 350°F for 6–7 min until tender and dry.
3. In a large bowl, bring together quinoa, cooked veggies, soy sauce, nutritional yeast, flax mix, oat flour, spices, and seasoning until it sticks.
4. Form 8 patties, about ½ inch thick.
5. Spray air fryer basket. Set patties inside in one layer. Air fry at 375°F for **14–16 min**, turning them once, until crisp and firm.
6. Rest 2 minutes, then serve warm with your favorite sauce or greens.

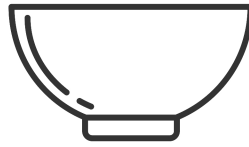
Nutrition Information (Per Serving – 2 cakes)

Calories: 340 | Protein: 16g | Carbs: 54g | Fat: 8g | Fiber: 9g | Sodium: 520mg | Potassium: 730mg

BBQ Jackfruit & Bean Pitas



Servings: 4



Prep Time: 20 min



Cook Time: 14-16 min

Ingredients:

- 1 can jackfruit (20 oz), drained and rinsed
- 1 can beans (15 oz), drained
- ½ red onion, chopped
- 1 bell pepper, diced
- 2 garlic cloves, minced
- ½ cup BBQ sauce
- 1 tbsp soy sauce or tamari
- 1 tsp smoked paprika
- ½ tsp cumin
- ¼ tsp black pepper
- olive oil spray
- 4 whole wheat pitas
- 2 cups greens (spinach or mix)
- ½ cup cucumber slices
- ½ avocado, sliced (optional)

Step-by-Step Directions:

1. Shred jackfruit with your hands until it looks pulled.
2. Preheat air fryer to 375°F for 3 minutes.
3. Coat jackfruit, beans, onion, pepper, garlic, BBQ sauce, soy sauce, and spices together.
4. Air fry mixture at 375°F for **12-14 min**, shake halfway, until edges caramelize.
5. Heat pitas in air fryer at 320°F for 1-2 minutes.
6. Fill pitas with greens, BBQ mix, cucumber, and avocado if using.
7. Serve with extra BBQ sauce or herbs on top.

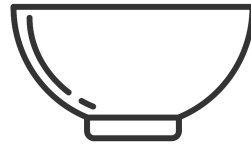
Nutrition Information (Per Serving – 1 pita)

Calories: 420 | Protein: 20g | Carbs: 62g | Fat: 10g | Fiber: 14g | Sodium: 640mg | Potassium: 870mg

Black Bean & Corn Enchilada Boats



Servings: 4



Prep Time: 20 min



Cook Time: 15-17 min

Ingredients:

- 1 can (15 oz) black beans, rinsed
- 1 cup corn kernels
- ½ red onion, diced
- 1 small red bell pepper, diced
- 2 garlic cloves, minced
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp chili powder (optional)
- Salt & pepper, to taste
- Juice of ½ lime
- 4 zucchinis or bell peppers, halved and hollowed
- olive oil spray
- 1 cup enchilada sauce
- ½ cup vegan cheese shreds (optional)

Step-by-Step Directions:

1. Cut zucchinis lengthwise and scrape centers to form boats (or slice peppers and clear out seeds). Lightly coat with oil spray.
2. Preheat to 375°F for 3 minutes.
3. Put beans, corn, onion, pepper, garlic, spices, salt, pepper, and lime juice in one bowl. Stir until evenly coated.
4. Fill each zucchini/pepper half with the mixture. Pour enchilada sauce over the top and scatter cheese if using.
5. Place boats in the basket (work in batches if needed). Fry at 375°F for **15-17 minutes**, until tender and lightly browned.
6. Rest 2 minutes, then enjoy as is or add cilantro, avocado, or vegan sour cream.

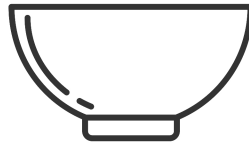
Nutrition Information (Per Serving – 1 boat)

Calories: 340 | Protein: 17g | Carbs: 52g | Fat: 9g | Fiber: 13g | Sodium: 540mg | Potassium: 910mg

Crispy Rice & Tofu Sushi Bites



Servings: 4



Prep Time: 25 min



Cook Time: 14-16 min

Ingredients:

- 2 cups cooked sushi rice
- 1 tbsp rice vinegar
- 1 tsp maple syrup or agave
- pinch of salt
- olive oil spray
- 1 block (14 oz) extra-firm tofu, cubed
- 2 tbsp soy sauce or tamari
- 1 tsp sesame oil
- 1 tsp grated ginger
- 1 garlic clove, minced
- ½ avocado, sliced
- ½ cucumber, cut into matchsticks
- 1 carrot, shredded
- sesame seeds

Step-by-Step Directions:

1. Combine rice with vinegar, syrup, and salt. Shape into 12 small blocks. Place in air fryer basket, coat with oil spray, and cook at 375°F for 12-14 min, turning once, until crisp.
2. Coat tofu cubes with soy sauce, vinegar, syrup, sesame oil, ginger, and garlic. Transfer to basket and air fry at 375°F for **12-14 min**, shaking once, until golden.
3. Top each rice block with avocado, then tofu. Add cucumber, carrot, and a sprinkle of sesame seeds.
4. Enjoy hot with soy sauce for dipping.

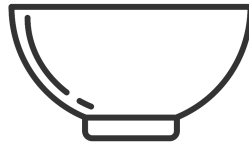
Nutrition Information (Per Serving – 3 bites)

Calories: 420 | Protein: 20g | Carbs: 62g | Fat: 12g | Fiber: 8g | Sodium: 540mg | Potassium: 620mg

Mediterranean Chickpea Bake



Servings: 4



Prep Time: 20 min



Cook Time: 18-20 min

Ingredients:

For the Bake:

- 2 cans (15 oz each) chickpeas, rinsed and drained
- 1 medium zucchini, diced
- 1 medium red bell pepper, diced
- 1 small red onion, chopped
- 1 cup cherry tomatoes, halved
- 3 cloves garlic, minced
- 3 tbsps olive oil (or spray for lighter version)
- 2 tbsps lemon juice
- 1 tsp dried oregano
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp salt, or to taste
- ¼ tsp black pepper

Optional Mix-Ins:

- ½ cup kalamata olives, pitted and halved
- ¼ cup artichoke hearts, chopped

Step-by-Step Directions:

1. Set to 375°F for 3 minutes.
2. In a large mixing bowl, combine chickpeas, zucchini, bell pepper, onion, cherry tomatoes, garlic, olive oil, lemon juice, oregano, paprika, cumin, salt, and pepper. Toss until evenly coated.
3. Use a heat-safe dish or pan that fits inside your air fryer basket. Spread mixture evenly.
4. Cook at 375°F for **18–20 minutes**, stirring halfway through, until veggies are tender and chickpeas are slightly crisp.
5. During the last 3 minutes of cooking, sprinkle with vegan feta or nutritional yeast for extra flavor (if using).
6. Garnish with fresh parsley or basil and serve warm with pita, quinoa, or a side salad.

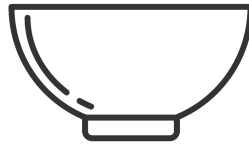
Nutrition Information (Per Serving – ¼ of recipe)

Calories: 420 | Protein: 19g | Carbs: 55g | Fat: 15g | Fiber: 14g | Sodium: 530mg | Potassium: 910mg

Eggplant & Tempeh Parm Stacks



Servings: 4



Prep Time: 25 min



Cook Time: 18-20 min

Ingredients:

- 2 blocks tempeh, sliced
- 3 tbsp soy sauce
- 1 tbsp balsamic vinegar
- 1 tbsp maple syrup
- 1 tsp smoked paprika
- 2 tsp Italian seasoning
- 1 garlic clove, minced
- 1 large eggplant, cut into rounds
- ¾ cup breadcrumbs
- ¼ cup nutritional yeast
- 2 tbsp ground flax + 5 tbsp water
- ½ tsp oregano
- ½ tsp garlic powder
- olive oil spray
- 2 cups marinara
- ½ cup vegan mozzarella (optional)
- 2 tbsp vegan parmesan or nutritional yeast
- fresh basil

Step-by-Step Directions:

1. Coat slices with soy sauce, vinegar, maple, paprika, Italian herbs, and garlic. Set aside while prepping eggplant.
2. Stir flax with water, let it thicken. Dip eggplant in flax, then coat with breadcrumbs, yeast, oregano, and garlic powder.
3. Arrange rounds in basket, spray tops. Cook at 375°F for **12-14 min**, turning once, until crisp.
4. Place marinated slices in basket. Cook at 375°F for 8-10 min, turning once, until browned.
5. Layer eggplant, tempeh, marinara, and mozzarella (if using). Repeat for 2 layers. Sprinkle with parmesan or yeast. Cook stacks at 360°F for 5-6 min until heated through and cheese melts.
6. Top with basil and extra sauce if desired.

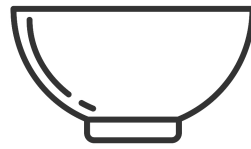
Nutrition Information (Per Serving – 2 stacks)

Calories: 460 | Protein: 27g | Carbs: 54g | Fat: 16g | Fiber: 13g | Sodium: 640mg | Potassium: 890mg

Crunchy Sweet Potato & Hemp Burgers



Servings: 4



Prep Time: 25 min



Cook Time: 16-18 min

Ingredients:

- 2 medium sweet potatoes, diced
- 1 can black beans, drained
- ½ cup oat flour (blend rolled oats)
- ¼ cup hemp hearts
- ½ cup red onion, finely diced
- 1 small red bell pepper, finely diced
- 2 garlic cloves, minced
- 2 tbsp ground flax + 5 tbsp water
- 1 tbsp soy sauce
- 1 tsp smoked paprika
- 1 tsp cumin
- ½ tsp chili powder (optional)
- ½ tsp salt
- ¼ tsp black pepper
- olive oil spray

Step-by-Step Directions:

1. Place diced potatoes in air fryer, spray lightly with oil. Cook at 375°F for 15 min, shaking halfway, until tender. Lightly mash.
2. Stir flax with water and let thicken 10 min.
3. Press black beans slightly. Combine with mashed sweet potatoes, oat flour, hemp hearts, onion, bell pepper, garlic, flax binder, soy sauce, paprika, cumin, chili, salt, and pepper until mixture sticks together.
4. Make 4 patties, about ¾-inch thick.
5. Spray basket with oil. Cook patties at 375°F for **16-18 min**, flipping once, until golden and crispy.
6. Place in buns with lettuce, tomato, avocado, and sauces if desired.

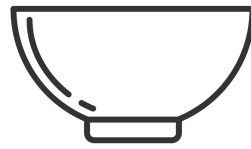
Nutrition Information (Per Serving – 1 burger with bun and toppings)

Calories: 480 | Protein: 22g | Carbs: 64g | Fat: 15g | Fiber: 15g | Sodium: 610mg | Potassium: 940mg

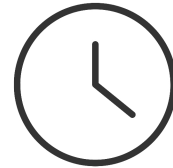
Korean Gochujang Tofu Wraps



Servings: 4



Prep Time: 20 min



Cook Time: 15-17 min

Ingredients:

- 1 block extra-firm tofu, cubed
- 2 tbsp gochujang
- 2 tbsp soy sauce (divided)
- 1 tbsp rice vinegar
- 1 tbsp maple syrup
- olive oil spray
- 4 large tortillas
- 1 cup shredded cabbage
- 1 carrot, thin strips
- 1 cucumber, thin slices

Optional:

- avocado, sesame seeds, cilantro

Step-by-Step Directions:

1. Spray basket, coat tofu with 1 tbsp soy sauce, and arrange in one layer. Cook at 375°F for **15-17 min**, shaking once, until crisp.
2. While hot, drizzle tofu with gochujang, 1 tbsp soy sauce, vinegar, and syrup. Stir inside fryer basket until coated.
3. Warm tortillas in fryer at 320°F for 1-2 min.
4. Fill with cabbage, carrot, cucumber, and saucy tofu. Add avocado or herbs if desired.
5. Roll, set seam-side down, mist with oil, and air fry at 350°F for 3-4 min until lightly crunchy.

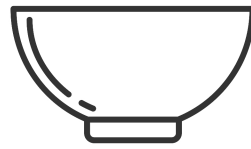
Nutrition Information (Per Serving – 1 wrap)

Calories: 460 | Protein: 23g | Carbs: 58g | Fat: 15g | Fiber: 11g | Sodium: 640mg | Potassium: 870mg

Crispy Bean Tacos with Tahini Slaw



Servings: 4



Prep Time: 20 min



Cook Time: 15 min

Ingredients:

Bean Filling:

- 2 cans black beans, drained
- ½ cup red onion, diced
- 1 bell pepper, diced
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp salt
- olive oil spray

Tahini Slaw:

- 3 cups shredded cabbage
- 3 tbsp tahini
- 2 tbsp lemon juice
- 1 tbsp maple syrup
- 2–3 tbsp warm water
- pinch of salt

Assembly:

- 8 corn tortillas
- olive oil spray

Optional: cilantro, avocado, lime

Step-by-Step Directions:

1. Toss onion, bell pepper, beans, paprika, cumin, salt, and a spray of oil in air fryer basket. Fry at 350°F for 6–8 min, shaking halfway. Mash slightly in basket.
2. Stir tahini, lemon, syrup, water, and salt in fryer-safe bowl, then add cabbage until coated.
3. Spoon bean filling onto tortillas, fold in half, spray with oil.
4. Air fry at 375°F for **6–7 min** per side until crisp.
5. Finish with slaw, cilantro, avocado, and lime if using.

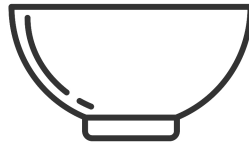
Nutrition Information (Per Serving – 2 tacos with slaw)

Calories: 470 | Protein: 21g | Carbs: 64g | Fat: 15g | Fiber: 16g | Sodium: 620mg | Potassium: 940mg

Lentil Shepherd's Pie Bites



Servings: 4



Prep Time: 20 min



Cook Time: 18-20 min

Ingredients:

Lentil Filling:

- 1½ cups cooked lentils
- 1 carrot, diced
- ½ cup peas
- ½ cup onion, diced
- 2 tbsp tomato paste
- 1 tbsp soy sauce
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ cup veggie broth

Mashed Potato Topping:

- 2 medium potatoes, cubed
- 2 tbsp plant milk
- 1 tbsp olive oil or vegan butter
- pinch of salt & pepper

Optional Garnish:

- parsley or smoked paprika

Step-by-Step Directions:

1. Place cubed potatoes in air fryer, spray lightly, fry at 375°F for 12–15 min until soft. Mash right in the basket with plant milk, oil, salt, and pepper.
2. Add lentils, carrot, peas, onion, tomato paste, soy sauce, paprika, salt, and broth to basket. Stir gently, cook 375°F for 5–6 min.
3. Fill fryer-safe muffin cups with 2 tbsp lentil mix, top with 2–3 tbsp mashed potatoes.
4. Cook at 375°F for **15–18 min** until golden and crisp on top.
5. Lift out, garnish with parsley or paprika, and serve hot.

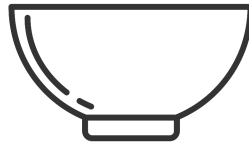
Nutrition Information (Per Serving – 3 bites)

Calories: 420 | Protein: 20g | Carbs: 64g | Fat: 11g | Fiber: 15g | Sodium: 580mg | Potassium: 960m

Buffalo Chickpea Patties



Servings: 4



Prep Time: 20 min



Cook Time: 16-18 min

Ingredients:

Patties:

- 2 cans chickpeas, drained
- 1 carrot, grated
- ½ red onion, diced
- 2 cloves garlic, minced
- ½ cup oat flour
- 2 tbsp ground flax seeds + 5 tbsp water
- 2 tbsp Buffalo sauce
- 1 tbsp soy sauce
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp salt
- ½ tsp black pepper
- olive oil spray

Buffalo Glaze:

- ¼ cup Buffalo sauce
- 1 tbsp maple syrup

Step-by-Step Directions:

1. Combine flax seeds and water; rest 10 min until thickened.
2. Mash chickpeas slightly in the basket. Add carrot, onion, garlic, oat flour, flax egg, Buffalo sauce, soy sauce, and spices. Form 8 patties (½-inch thick).
3. Spray basket lightly. Fry at 375°F for **16–18 min**, flipping once, until golden and crisp.
4. Brush or drizzle with Buffalo sauce mixed with maple syrup immediately after frying.
5. Enjoy warm with optional ranch, avocado, or fresh greens.

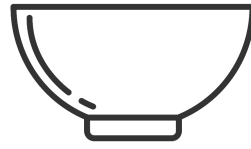
Nutrition Information (Per Serving – 2 patties with sauce)

Calories: 420 | Protein: 21g | Carbs: 55g | Fat: 12g | Fiber: 13g | Sodium: 640mg | Potassium: 880mg

Tofu & Veggie Stir-Fry Noodles



Servings: 4



Prep Time: 20 min



Cook Time: 18-20 min

Ingredients:

Tofu

- 1 block extra-firm tofu, cubed
- 1 tbsp soy sauce
- 1 tbsp cornstarch
- olive oil spray

Veggies

- 1 cup broccoli florets
- 1 bell pepper, sliced
- 1 carrot, sliced
- 2 garlic cloves, minced

Noodles & Sauce

- 8 oz cooked noodles
- 3 tbsp soy sauce
- 1 tbsp maple syrup
- 1 tsp sesame oil

Step-by-Step Directions:

1. Toss cubes with soy sauce, sesame oil, and cornstarch. Spray basket lightly. Air fry at 375°F for 14-16 min, shaking once, until golden.
2. Lightly coat broccoli, bell pepper, carrot, onion, snap peas, and garlic with spray. Air fry at 375°F for **8-10 min**, shaking once, until tender-crisp.
3. Combine noodles, tofu, and veggies in the basket or bowl. Pour sauce over and stir to coat.
4. Plate and top with sesame seeds, cilantro, scallions, or lime wedges.

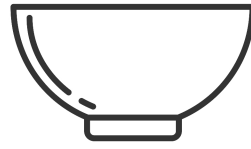
Nutrition Information (Per Serving – 1/4 recipe)

Calories: 460 | Protein: 25g | Carbs: 62g | Fat: 13g | Fiber: 10g | Sodium: 720mg | Potassium: 910mg

Falafel Power Bowls with Tahini Drizzle



Servings: 4



Prep Time: 25 min



Cook Time: 15-17 min

Ingredients:

Falafel:

- 2 cups cooked chickpeas (or 1 can, drained)
- ¼ cup oats or oat flour
- 2 tbsp ground flax seeds + 5 tbsp water
- 1 tsp cumin
- ½ tsp salt
- olive oil spray

Bowls:

- 2 cups cooked quinoa or rice
- 1 cup shredded carrot or greens
- 1 cucumber, diced

Tahini Drizzle:

- 3 tbsp tahini
- 1 tbsp lemon juice
- 1-2 tbsp water

Step-by-Step Directions:

1. Combine flax seeds and water; let sit 10 min.
2. Crush chickpeas with parsley, onion, garlic, oat flour, flax egg, lemon, cumin, paprika, salt, and pepper until mixture sticks but has some texture. Shape into 12 balls.
3. Preheat to 375°F. Spray basket lightly. Cook falafel in a single layer **14-16 min**, flipping halfway, until crisp and golden.
4. Whisk tahini, lemon, maple syrup, garlic, salt, and water until pourable.
5. Divide quinoa among bowls. Layer spinach, cucumber, tomato, carrot, and avocado. Top with 3 falafel each and drizzle with tahini.

Nutrition Information (Per Serving – 1 bowl with 3 falafel)

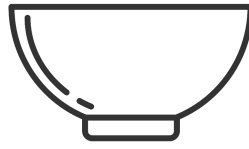
Calories: 510 | Protein: 22g | Carbs: 65g | Fat: 18g | Fiber: 14g | Sodium: 590mg | Potassium: 940mg

DESSERTS

Peanut Butter Chickpea Blondies



Servings: 4



Prep Time: 12 min



Cook Time: 16-18 min

Ingredients:

- 1 can (15 oz) chickpeas, drained
- ½ cup natural peanut butter
- ⅓ cup maple syrup
- ¼ cup oats or oat flour
- 2 tsp vanilla extract
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 2 tbsp plant milk (if needed)

Optional:

- ¼ cup chocolate chips or 2 tbsp chopped peanuts

Step-by-Step Directions:

1. Place chickpeas, peanut butter, syrup, oats, vanilla, baking powder, soda, and salt in a bowl. Mash or mash/blend with hands until smooth. Add plant milk if too thick. Fold in chocolate or peanuts if using.
2. Use a small air fryer-safe pan. Press batter into pan, leveling the top.
3. Preheat to 350°F. Cook **16–18 min** until edges are golden and center is set but slightly soft.
4. Let sit 5–10 min, then cut into 9 squares.

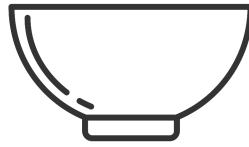
Nutrition Information (Per Serving – 1 square)

Calories: 210 | Protein: 8g | Carbs: 26g | Fat: 9g | Fiber: 5g | Sodium: 180mg | Potassium: 280mg

Chocolate Protein Donuts



Servings: 4



Prep Time: 12 min



Cook Time: 10-12 min

Ingredients:

- 1 cup oat flour
- ¼ cup cocoa powder
- 1 scoop chocolate or vanilla plant protein powder
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ¾ cup plant milk
- ¼ cup unsweetened applesauce
- ¼ cup natural nut butter
- 2 tbsp maple syrup
- 1 tsp vanilla extract

Optional:

- cinnamon, chopped nuts, or a light peanut butter drizzle

Step-by-Step Directions:

1. Combine all dry ingredients in a bowl. Stir in milk, applesauce, nut butter, syrup, and vanilla until thick batter forms. Add a bit more milk if too stiff.
2. Lightly coat silicone donut molds with oil. Fill 6 molds evenly.
3. Preheat to 330°F. Cook donuts **10–12 min** until firm and a toothpick comes out clean.
4. Carefully remove from molds. Add toppings or drizzle if desired.

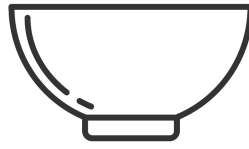
Nutrition Information (Per Serving – 1 donut, without toppings)

Calories: 215 | Protein: 14g | Carbs: 25g | Fat: 8g | Fiber: 5g | Sodium: 240mg | Potassium: 320mg

Almond-Quinoa Chocolate Balls



Servings: 4



Prep Time: 15 min



Cook Time: 10-12 min

Ingredients:

- 1 cup cooked quinoa
- ½ cup almond flour
- ¼ cup almond butter
- 3 tbsp cocoa powder
- 3 tbsp maple syrup
- 2 tbsp ground flax seeds + 4 tbsp water
- 1 tsp vanilla
- pinch of salt

Optional:

- chocolate chips
- chopped almonds
- coconut flakes
- cacao powder, or hemp hearts

Step-by-Step Directions:

1. Combine flax seeds and water. Rest 10 min until gelled.
2. Stir quinoa, almond flour, almond butter, cocoa, syrup, flax gel, vanilla, and salt until sticky. Add optional chocolate or nuts.
3. Scoop 2 tbsp per ball and roll into 12 balls.
4. Preheat to 350°F. Arrange balls in a single layer in basket. Cook **10-12 min** until slightly crisp outside.
5. Toss with coconut, cacao, or hemp hearts while warm. Serve.

Nutrition Information (Per Serving – 3 balls)

Calories: 290 | Protein: 12g | Carbs: 33g | Fat: 13g | Fiber: 8g | Sodium: 160mg | Potassium: 410mg

Black Bean Brownie Bites



Servings: 4



Prep Time: 12 min



Cook Time: 10-12 min

Ingredients:

- 1 can black beans, rinsed
- ¼ cup cocoa powder
- ¼ cup oats or oat flour
- ⅓ cup maple syrup
- 2 tbsp almond or peanut butter
- 1 tbsp ground flax seeds + 2½ tbsp water
- 1 tsp vanilla extract
- ½ tsp baking powder
- ¼ tsp salt

Optional:

- chocolate chips
- chopped nuts
- cinnamon

Step-by-Step Directions:

1. Combine flax seeds and water. Rest 10 min until gelled.
2. Blend black beans, cocoa, oats, syrup, nut butter, flax gel, vanilla, baking powder, and salt until smooth. Fold in chocolate or nuts if desired.
3. Spoon batter into 12 mini muffin cups, about ¾ full.
4. Preheat to 350°F. Place cups in basket and cook **10–12 min** until tops are set and edges are firm.
5. Remove from molds and enjoy warm or at room temperature. Optional: sprinkle with sea salt or drizzle with melted chocolate.

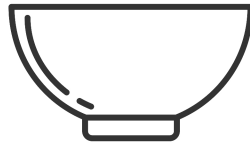
Nutrition Information (Per Serving – 3 bites)

Calories: 260 | Protein: 10g | Carbs: 35g | Fat: 9g | Fiber: 8g | Sodium: 190mg | Potassium: 420mg

Protein-Packed Banana Cookies



Servings: 6



Prep Time: 10 min



Cook Time: 8-10 min

Ingredients:

Base Mixture:

- 2 medium ripe bananas, mashed
- ½ cup natural peanut butter (or almond butter)
- ¼ cup maple syrup
- 1 cup rolled oats
- ½ cup plant-based protein powder (vanilla or plain)
- ½ tsp baking powder
- pinch of salt

Optional:

- dark chocolate chips
- chopped nuts, or cinnamon

Step-by-Step Directions:

1. In a large bowl, mash bananas until smooth.
2. Mix in peanut butter, maple syrup, oats, protein powder, baking powder, and salt until a thick dough forms.
3. Fold in any optional add-ins if using.
4. Line air fryer basket with parchment paper.
5. Scoop about 2 tbsps of dough per cookie and flatten slightly (makes ~12 cookies).
6. Preheat air fryer to 330°F. Place cookies in a single layer (cook in batches if needed).
7. Air fry for **8-10 minutes** until golden and set.
8. Cool for 5 minutes – cookies will firm up as they cool.

Nutrition Information (Per Serving – 2 cookies)

Calories: 245 | Protein: 14g | Carbs: 28g | Fat: 9g | Fiber: 6g | Sodium: 180mg | Potassium: 480mg

Oatmeal Chia Raisin Crunch Bars



Servings: 4



Prep Time: 15 min



Cook Time: 10-12 min

Ingredients:

- 2 cups rolled oats
- ¼ cup chia seeds
- ½ cup raisins (or cranberries)
- ¼ cup almond flour
- ½ cup applesauce
- ¼ cup maple syrup or agave
- ¼ cup almond or peanut butter
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp baking powder
- pinch of salt

Optional:

- ¼ cup nuts, 2 tbsp chocolate chips, 2 tbsp hemp or flax

Step-by-Step Directions:

1. Combine oats, chia, raisins, almond flour, cinnamon, baking powder, and salt.
2. Stir in applesauce, syrup, nut butter, and vanilla until thick and sticky.
3. Press the dough firmly into a parchment-lined air fryer pan (about 8x8").
4. Heat air fryer to 350°F. Cook **14-16 min** until edges are set and golden.
5. Rest in the pan 10 min, then cut into bars.

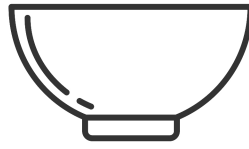
Nutrition Information (Per Serving – 2 bars)

Calories: 290 | Protein: 10g | Carbs: 44g | Fat: 10g | Fiber: 8g | Sodium: 140mg | Potassium: 380mg

Air-Fried Date & Nut Energy Bites



Servings: 8



Prep Time: 15 min



Cook Time: 8-10 min

Ingredients:

- 1 cup dates, pitted
- ½ cup raw almonds
- ½ cup walnuts or pecans
- ¼ cup rolled oats
- 2 tbsp cocoa powder
- 1 tsp vanilla extract
- pinch of salt

Optional:

- coconut, cinnamon, or dark chocolate for coating

Step-by-Step Directions:

1. Place dates in the air fryer basket and heat at 320°F for 2–3 minutes to make them tender.
2. Add dates, nuts, oats, cocoa, vanilla, and salt directly into the basket. Press everything together using a fork or spatula until sticky and combined.
3. Scoop small portions and form round bites by hand.
4. Return bites to the basket in one layer. Cook at 350°F for **8–10 minutes**, shaking halfway.
5. Leave inside the air fryer (turned off) for 5 minutes so they firm up.

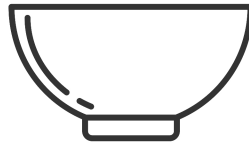
Nutrition Information (Per Serving – 2 bites)

Calories: 230 | Protein: 7g | Carbs: 27g | Fat: 12g | Fiber: 6g | Sodium: 70mg | Potassium: 450m

Chocolate-Dipped Tofu Pudding Cube



Servings: 8



Prep Time: 20 min



Cook Time: 8-10 min

Ingredients:

Base:

- 1 package (14 oz) silken tofu, drained
- ¼ cup unsweetened cocoa powder
- ¼ cup maple syrup or agave
- 2 tbsp nut butter
- 1 tsp vanilla extract
- pinch of salt
- 2 tbsp cornstarch

Coating:

- ½ cup dark chocolate chips
- 1 tsp coconut oil (optional)

Toppings (optional):

- chopped nuts, cacao nibs
- sea salt flakes

Step-by-Step Directions:

1. Place tofu, cocoa, syrup, nut butter, vanilla, salt, and cornstarch directly in a heat-safe bowl that fits your air fryer. Mash and stir until smooth.
2. Put the bowl in the air fryer at 320°F for 12 minutes, stirring halfway, until thickened and scoopable.
3. Let rest in the fryer basket (turned off, door closed) for 10 minutes. Cut into cubes with a spoon or spatula.
4. Place cubes back in the basket on parchment and heat at 350°F for 8 minutes, until edges hold.
5. Place chocolate in a small heat-safe dish. Set dish in the air fryer at 300°F for 5 minutes, stirring once, until glossy.
6. Coat each cube halfway in chocolate, return to basket on paper, and leave for 5 minutes until set. Sprinkle toppings before chocolate hardens.

Nutrition Information (Per Serving – 2 cubes)

Calories: 210 | Protein: 9g | Carbs: 27g | Fat: 11g | Fiber: 4g | Sodium: 120mg | Potassium: 370mg

Cinnamon Chickpea Cookie Bites



Servings: 8



Prep Time: 12 min



Cook Time: 8-10 min

Ingredients:

- 1 can (15 oz) chickpeas, rinsed
- ¼ cup almond or peanut butter
- ⅓ cup maple syrup or agave
- ½ cup oats or oat flour
- 1 tsp vanilla extract
- 1 ½ tsps ground cinnamon
- ½ tsp baking powder
- pinch of salt

Optional:

- raisins
- chocolate chips
- chopped nuts)

Step-by-Step Directions:

1. Place chickpeas, nut butter, syrup, oats, vanilla, cinnamon, baking powder, and salt in a bowl. Press with a fork or spoon until smooth and sticky. Fold in any extras.
2. Scoop small portions (about 1 ½ tbsp each) and roll into round pieces.
3. Preheat air fryer to 350°F. Place bites inside basket in one layer. Air fry for **8-10 minutes** until golden outside, soft inside.
4. Leave inside basket for 5 minutes to set, then serve warm

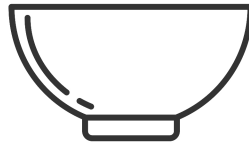
Nutrition Information (Per Serving – 2 bites)

Calories: 220 | Protein: 8g | Carbs: 29g | Fat: 9g | Fiber: 6g | Sodium: 130mg | Potassium: 320mg

Vegan Mocha Protein Puffs



Servings: 4



Prep Time: 15 min



Cook Time: 9-11 min

Ingredients:

- ¾ cup oat flour
- 1 scoop (30 g) mocha or chocolate protein powder
- 2 tbsp cocoa powder
- 1 tbsp instant espresso powder
- ½ tsp baking powder
- pinch of salt
- ½ cup almond milk (unsweetened)
- 2 tbsp maple syrup or agave
- 2 tbsp almond or peanut butter
- 1 tsp vanilla extract

Optional:

- 2 tbsp dark chocolate chips or cacao nib

Step-by-Step Directions:

1. Combine all ingredients directly until you get a thick, sticky dough. Add a splash more milk if it feels too dry.
2. Divide into small portions (about 1½ tbsp each) and roll into round pieces.
3. Heat the air fryer to 340°F for 3 minutes. Place the balls in the basket with space between them. Cook for **9–11 minutes**, giving the basket a gentle shake halfway through.
4. Let them sit in the basket for a couple of minutes before eating.

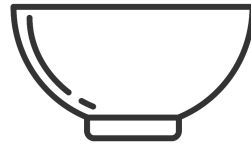
Nutrition Information (Per Serving – 3 puffs)

Calories: 230 | Protein: 15g | Carbs: 24g | Fat: 8g | Fiber: 6g | Sodium: 150mg | Potassium: 410mg

Almond Butter Stuffed Dates



Servings: 6



Prep Time: 10 min



Cook Time: 5-6 min

Ingredients:

Base Recipe:

- 12 dates, pitted
- 6 tbsps natural almond butter (about ½ tsp per date)
- olive oil spray (very light)

Optional Toppings:

- 2 tbsps chopped almonds or walnuts
- 2 tbsps dark chocolate chips (melted for drizzle)
- sprinkle of cinnamon or flaky sea salt
- 1 tbsp hemp hearts or chia seeds

Optional:

- cocoa powder for a truffle-like bite
- pinch of cardamom for a Middle Eastern twist

Step-by-Step Directions:

1. Slice each date lengthwise and remove pit if necessary. Spoon about ½ tsp almond butter into each. Optionally, press in a piece of nut for crunch.
2. Preheat air fryer to 350°F. Arrange dates in a single layer in the basket. Lightly mist with oil if you want slightly caramelized edges.
3. Heat for **5-6 minutes**, until dates are warmed through, slightly glossy, and the edges start to crisp.
4. Drizzle with melted chocolate, sprinkle cinnamon, sea salt, or hemp hearts for extra flavor. Serve immediately for a gooey, indulgent bite.

Nutrition Information (Per Serving – 2 stuffed dates, without toppings)

Calories: 210 | Protein: 5g | Carbs: 32g | Fat: 8g | Fiber: 5g | Sodium: 50mg | Potassium: 400mg

Vanilla Hemp Protein Cake Squares



Servings: 9



Prep Time: 15 min



Cook Time: 15-17 min

Ingredients:

Dry:

- 1 cup oat flour (or finely blended oats)
- ½ cup vanilla plant-based protein powder
- ¼ cup hemp hearts
- 2 tbsp ground flax seeds
- 1 tsp baking powder
- ½ tsp baking soda
- pinch of salt

Wet:

- ¾ cup unsweetened almond milk
- ¼ cup maple syrup or agave
- 3 tbsp unsweetened applesauce
- 2 tbsp almond or cashew butter
- 2 tsp vanilla extract

Step-by-Step Directions:

1. Combine ground flax seeds with 5 tbsp water. Let thicken 10 minutes.
2. Combine dry ingredients in a bowl. Add almond milk, maple syrup, applesauce, nut butter, vanilla, and flax egg. Stir until thick but pourable. Adjust with 1-2 tbsp plant milk if needed.
3. Line a 7×7-inch air fryer-safe pan with parchment. Pour in batter and level the top.
4. Preheat air fryer to 330°F. Place pan in basket. Cook **15-17 minutes**, until a toothpick comes out clean.
5. Let rest 10 minutes in the pan, then cut into 9 squares. Optional: sprinkle cinnamon or coconut, drizzle chocolate.

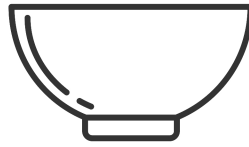
Nutrition Information (Per Serving – 1 square)

Calories: 210 | Protein: 12g | Carbs: 25g | Fat: 8g | Fiber: 5g | Sodium: 160mg | Potassium: 340mg

Coconut-Lentil Bites with Cacao



Servings: 6



Prep Time: 10 min



Cook Time: 5-6 min

Ingredients:

- 1 cup cooked red lentils (from ½ cup dry)
- ½ cup unsweetened shredded coconut
- ¼ cup oat flour
- 2 tbsp unsweetened cacao powder
- 3 tbsp maple syrup or agave
- 2 tbsp almond or peanut butter
- 1 tbsp chia seeds or flax seeds meal
- 1 tsp vanilla extract
- pinch of salt

Optional:

- dark chocolate chips, cocoa powder
- hemp hearts, coconut flakes
- cinnamon, flaky sea salt

Step-by-Step Directions:

1. Cook ½ cup dry lentils in 1½ cups water until soft. Drain and let warm slightly.
2. Combine lentils, coconut, oat flour, cacao, maple syrup, nut butter, chia, vanilla, and salt until sticky and pliable. Fold in any optional add-ins.
3. Take 1½ tbsp portions and roll into balls (about 16).
4. Preheat to 350°F. Line basket with parchment. Arrange bites in a single layer. Fry **10–12 minutes**, shaking halfway, until edges firm and lightly crisp.
5. Let rest 5 minutes before enjoying. Optionally dust with cocoa, coconut, or sprinkle with sea salt.

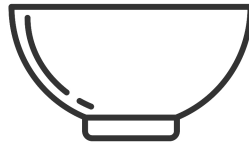
Nutrition Information (Per Serving – 2 bites)

Calories: 230 | Protein: 9g | Carbs: 27g | Fat: 9g | Fiber: 7g | Sodium: 100mg | Potassium: 420mg

Sweet Potato Oat Chocolate Truffles



Servings: 8



Prep Time: 20 min



Cook Time: 8-10 min

Ingredients:

Base Mixture:

- 1 cup mashed sweet potato (about 1 medium, cooked & peeled)
- ½ cup rolled oats (or oat flour)
- ¼ cup unsweetened cocoa powder
- 3 tbsps maple syrup or agave
- 2 tbsps natural almond butter (or peanut butter)
- 1 tsp vanilla extract
- pinch of salt

Optional:

- 2 tbsps dark chocolate chips or cacao nibs
- 1 tbsp chia seeds or hemp hearts for protein boost
- pinch of cinnamon or espresso powder for flavor depth

Step-by-Step Directions:

1. Peel and cube sweet potato. Fry in air fryer at 350°F for 10–12 minutes until tender. Mash until smooth.
2. Combine mashed sweet potato, oats, cocoa, syrup, nut butter, vanilla, and salt until fudgy. Fold in optional add-ins. Chill 10 minutes if too soft to shape.
3. Scoop 1½ tbsp per truffle and roll into balls (16 total).
4. Preheat to 350°F. Line basket with parchment or lightly spray. Arrange truffles in a single layer. Fry **8–10 minutes** until edges firm.
5. Let sit 5 minutes, then coat in cocoa, coconut, nuts, or drizzle with chocolate.

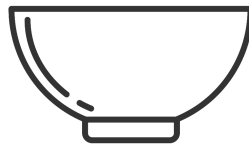
Nutrition Information (Per Serving – 2 truffles, plain coating)

Calories: 210 | Protein: 6g | Carbs: 33g | Fat: 7g | Fiber: 6g | Sodium: 120mg | Potassium: 400mg

Banana-Cashew Cream Pies



Servings: 6



Prep Time: 20 min



Cook Time: 8-10 min

Ingredients:

Crust:

- 1 cup rolled oats
- ½ cup raw almonds
- 3 tbsp maple syrup or agave
- 2 tbsp coconut oil (melted) or almond butter
- pinch of salt

Cashew Cream Filling:

- 1 cup raw cashews (soaked 2 hours in hot water and drained)
- 1 ripe banana
- ¼ cup unsweetened almond milk
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- pinch of cinnamon (optional)

Topping:

- 1 banana, thinly sliced
- Optional: dark chocolate drizzle, cacao nibs, toasted coconut

Step-by-Step Directions:

1. Grind oats and almonds into crumbs. Fold in syrup, coconut oil (or almond butter), and salt until dough holds together. Press into 6 mini pie molds or silicone cups.
2. Preheat to 340°F. Place molds in basket and bake **8-10 minutes** until lightly golden and firm. Let sit 5 minutes.
3. Blend soaked cashews, banana, almond milk, syrup, vanilla, and cinnamon until silky.
4. Fill baked crusts with cashew cream. Top with banana slices and optional chocolate or coconut.
5. Chill 30 minutes in air fryer-safe dish or serve immediately for softer texture.

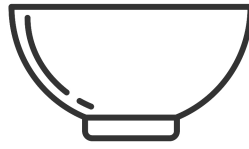
Nutrition Information (Per Serving – 1 mini pie)

Calories: 270 | Protein: 8g | Carbs: 32g | Fat: 13g | Fiber: 5g | Sodium: 80mg | Potassium: 430mg

Protein Mug Cake



Servings: 1



Prep Time: 5 min



Cook Time: 10-12 min

Ingredients:

- ¼ cup vanilla plant-based protein powder
- 3 tbsp oat flour (or blended oats)
- 2 tsp unsweetened cocoa powder (optional)
- ¼ tsp baking powder
- pinch of salt
- ¼ cup unsweetened almond milk
- 1 tbsp maple syrup
- 1 tbsp nut butter
- ½ tsp vanilla extract

Optional:

- chocolate chips,
- chia seeds, berries
- drizzle of nut butter

Step-by-Step Directions:

1. Combine protein powder, oat flour, cocoa, baking powder, and salt. Stir in almond milk, syrup, nut butter, and vanilla until smooth. Fold in optional chocolate or seeds.
2. Lightly oil a heat-safe mug. Pour batter ¾ full.
3. Preheat to 330°F. Cook mug in basket **10-12 minutes** until top is set; check at 9 minutes for a fudgier center.
4. Let rest 3-4 minutes. Top with fruit, chocolate, or nut butter as desired.

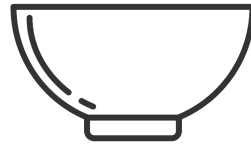
Nutrition Information (Per Serving)

Calories: 280 | Protein: 20g | Carbs: 26g | Fat: 10g | Fiber: 5g | Sodium: 160mg | Potassium: 350mg

Vegan Tiramisu Cups with Silken Tofu



Servings: 1



Prep Time: 5 min



Cook Time: 10-12 min

Ingredients:

Base:

- 1 cup rolled oats
- ½ cup almond flour
- 3 tbsp maple syrup
- 2 tbsp coconut oil or almond butter
- 1 tsp vanilla extract
- pinch of salt

Cream:

- 14 oz silken tofu, drained
- ¼ cup maple syrup
- 2 tbsp cashew or almond butter
- 1 tsp vanilla extract
- 1 tbsp lemon juice

Coffee Layer:

- ½ cup cooled strong coffee or espresso
- 1 tbsp maple syrup (optional)

Topping:

- 2 tbsp cocoa powder

Step-by-Step Directions:

1. Combine oats, almond flour, syrup, oil, vanilla, and salt until sticky. Press evenly into an air-fryer-safe ramekin.
2. Preheat air fryer to 340°F. Cook base **8–10 minutes** until lightly golden and firm. Let rest.
3. Blend tofu, syrup, nut butter, vanilla, and lemon juice until smooth.
4. Pour a thin layer of coffee over base. Add tofu cream on top. Repeat coffee and cream for extra height if desired.
5. Dust with cocoa powder and chocolate shavings. Let set 1 hour in the fridge before serving.

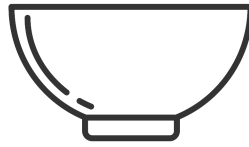
Nutrition Information (Per Serving – 1 cup)

Calories: 260 | Protein: 9g | Carbs: 28g | Fat: 12g | Fiber: 14g | Sodium: 120mg | Potassium: 390mg

Apple Pie Protein Muffins



Servings: 6



Prep Time: 12 min



Cook Time: 12-14 min

Ingredients:

Dry:

- ¾ cup oat flour
- ½ cup vanilla plant protein powder
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- ¼ tsp nutmeg
- pinch of salt

Wet:

- 1 medium apple, peeled & finely diced
- ½ cup unsweetened applesauce
- ¼ cup almond milk
- 3 tbsp maple syrup
- 1 tbsp almond or cashew butter
- 1 tsp vanilla extract

Toppings (optional):

- 2 tbsp rolled oats
- 1 tbsp chopped walnuts or pecans

Step-by-Step Directions:

1. Stir oat flour, protein powder, baking powder, baking soda, cinnamon, nutmeg, and salt in a bowl.
2. Mash together apple, applesauce, almond milk, syrup, nut butter, and vanilla.
3. Fold dry into wet until fully incorporated.
4. Divide batter into 6 air-fryer-safe muffin cups. Sprinkle toppings if desired.
5. Preheat to 330°F. Cook muffins **12-14 min** until tops are firm and a toothpick comes out clean.
6. Let muffins sit 5 min in cups before enjoying.

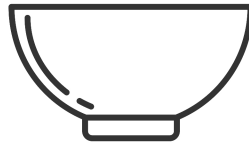
Nutrition Information (Per Muffin)

Calories: 190 | Protein: 10g | Carbs: 26g | Fat: 6g | Fiber: 4g | Sodium: 160mg | Potassium: 310mg

Chocolate-Dipped Quinoa Clusters



Servings: 6



Prep Time: 15 min



Cook Time: 8-10 min

Ingredients:

Base:

- 1 cup puffed quinoa (or 1 cup cooked quinoa, dried)
- ¼ cup rolled oats
- 3 tbsp shredded coconut
- 2 tbsp chia seeds or hemp hearts
- ¼ cup maple syrup
- 2 tbsp almond or peanut butter
- 1 tsp vanilla extract
- pinch of salt

Chocolate Dip:

- ½ cup dark chocolate chips
- 1 tsp coconut oil (optional)

Step-by-Step Directions:

1. If using cooked quinoa, dry it in the air fryer at 300°F for 5 min.
2. Toss quinoa, oats, coconut, and chia with syrup, nut butter, vanilla, and salt until sticky.
3. Press 1½ tbsp of mixture into 12 small mounds on parchment.
4. Preheat to 325°F. Fry clusters **8-10 min** until golden and firm. Let rest 5 min.
5. Dip half of each cluster in melted chocolate. Place on parchment and let harden 15 min.

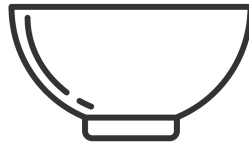
Nutrition Information (Per Serving – 2 clusters)

Calories: 220 | Protein: 8g | Carbs: 27g | Fat: 10g | Fiber: 5g | Sodium: 75mg | Potassium: 280mg

Oat-Almond Crumble Bars



Servings: 9 bars



Prep Time: 15 min



Cook Time: 14-16 min

Ingredients:

Crust & Crumble:

- 1½ cups rolled oats
- ¾ cup almond flour
- ¼ cup almond or peanut butter
- ¼ cup maple syrup
- 2 tbsp coconut oil (melted)
- 1 tsp vanilla extract
- ½ tsp cinnamon
- pinch of salt

Fruit Filling:

- 1½ cups diced apples
- 2 tbsp maple syrup
- 1 tbsp chia seeds
- 1 tsp lemon juice
- ½ tsp cinnamon

Step-by-Step Directions:

1. Combine fruit, maple syrup, chia, lemon, and cinnamon.
2. Heat in the air fryer-safe pan at 330°F for 5-7 min until thickened.
3. Stir oats, almond flour, almond butter, maple syrup, coconut oil, vanilla, cinnamon, and salt into a sticky crumb.
4. Reserve ½ cup for topping. Press remaining into the pan. Layer fruit on top, then scatter reserved crumble.
5. Fry bars **14-16 min** until golden and firm at edges. Let rest 20 min, then cut into 9 bars.

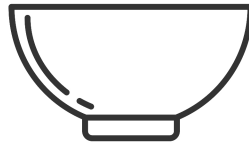
Nutrition Information (Per Bar)

Calories: 210 | Protein: 7g | Carbs: 27g | Fat: 9g | Fiber: 5g | Sodium: 90mg | Potassium: 270mg

Cinnamon Raisin Protein Popovers



Servings: 6



Prep Time: 12 min



Cook Time: 12-14 min

Ingredients:

- ½ cup oat flour
- ½ cup vanilla plant protein powder
- 1 tsp baking powder
- ½ tsp baking soda
- 1 ½ tsp cinnamon
- pinch of salt
- ¾ cup almond milk (unsweetened)
- ¼ cup applesauce (unsweetened)
- 2 tbsp maple syrup or agave
- 1 tbsp nut butter
- 1 tsp vanilla extract
- ⅓ cup raisins

Optional:

- coconut sugar, cinnamon, walnuts, or a drizzle of maple syrup

Step-by-Step Directions:

1. Stir flour, protein powder, baking powder, baking soda, cinnamon, and salt inside a large silicone bowl or cup that fits your air fryer.
2. Pour in almond milk, applesauce, syrup, nut butter, and vanilla. Stir until thick.
3. Work raisins into the batter.
4. Spoon batter into 6 silicone cups (¾ full each).
5. Heat air fryer at 330°F for 3 minutes. Place cups inside. Cook **12–14 minutes** until golden and firm.
6. Leave inside cups 5 minutes, then enjoy warm.

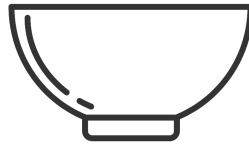
Nutrition Information (Per Popover)

Calories: 190 | Protein: 11g | Carbs: 27g | Fat: 5g | Fiber: 4g | Sodium: 150mg | Potassium: 310mg

Strawberry-Avocado Pudding Bites



Servings: 6



Prep Time: 15 min



Cook Time: 8-10 min

Ingredients:

- 1 ripe avocado (mashed)
- 1 cup strawberries (finely diced)
- ½ cup rolled oats or oat flour
- ¼ cup vanilla protein powder
- 3 tbsp maple syrup or agave
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- ½ tsp cinnamon
- pinch of salt

Optional:

- coconut flakes, melted dark chocolate, sliced strawberries

Step-by-Step Directions:

1. In a bowl, crush avocado until smooth. Fold in strawberries, oats, protein powder, syrup, chia, vanilla, cinnamon, and salt until a thick dough forms.
2. Take 1½ tbsp portions and press into small rounds or discs.
3. Preheat air fryer at 330°F for 3 min.
4. Place rounds in basket (single layer, with space). Cook **8–10 min**, until firm on the outside but soft inside.
5. Rest inside fryer basket for 5 min, then top with coconut, chocolate, or extra strawberries if desired.

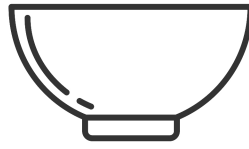
Nutrition Information (Per Serving – 2 bites)

Calories: 200 | Protein: 7g | Carbs: 26g | Fat: 8g | Fiber: 6g | Sodium: 90mg | Potassium: 510mg

Lemon Coconut Chia Bites



Servings: 8



Prep Time: 12 min



Cook Time: 7-9 min

Ingredients:

- 1 cup rolled oats (or oat flour)
- ½ cup shredded coconut
- 2 tbsp chia seeds
- ¼ cup vanilla plant protein powder (optional)
- ¼ cup maple syrup or agave
- 2 tbsp melted coconut oil (or almond butter)
- 3 tbsp fresh lemon juice
- 1 tbsp lemon zest
- 1 tsp vanilla extract
- pinch of salt

Optional:

- more coconut, hemp hearts, or a drizzle of vegan white chocolate

Step-by-Step Directions:

1. Combine oats, coconut, chia, protein, and salt. Stir in syrup, oil, lemon juice, zest, and vanilla until sticky. Adjust texture if needed with extra oats or a splash of liquid.
2. Roll about 1 ½ tbsp of dough into small balls.
3. Heat air fryer to 330°F for 3 minutes. Place balls inside, spaced out. Cook **7-9 minutes**, shaking basket once, until lightly golden.
4. Rest 5 minutes in the basket. Coat with extra coconut or drizzle chocolate before serving.

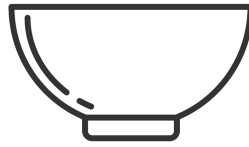
Nutrition Information (Per Serving – 2 bites)

Calories: 190 | Protein: 7g | Carbs: 24g | Fat: 8g | Fiber: 5g | Sodium: 70mg | Potassium: 260mg

Pistachio-Oat Air Fried Cookies



Servings: 5



Prep Time: 12 min



Cook Time: 8-10 min

Ingredients:

Dry:

- 1 cup rolled oats
- ½ cup oat flour
- ½ cup chopped pistachios
- ¼ cup vanilla protein powder (optional)
- ½ tsp baking powder
- ½ tsp cinnamon
- pinch of salt

Wet:

- ⅓ cup applesauce
- ¼ cup maple syrup or agave
- 2 tbsp almond butter
- 1 tsp vanilla extract
- 2–3 tbsp almond milk

Optional:

- 2 tbsp dark chocolate chip

Step-by-Step Directions:

1. Add oats, oat flour, pistachios, protein powder, baking powder, cinnamon, and salt directly into the air fryer-safe bowl or tray.
2. Pour in applesauce, syrup, almond butter, and vanilla. Add almond milk a little at a time until dough holds together.
3. Fold in chocolate, seeds, or zest if using.
4. Scoop about 2 tbsp of dough, press into discs, and set onto the air fryer tray with space between.
5. Preheat air fryer 3 min at 330°F. Place cookies inside, bake **8–10 min** until edges turn golden.
6. Leave cookies inside basket for 5 min so they firm up before eating.

Nutrition Information (Per Serving – 2 cookies)

Calories: 210 | Protein: 8g | Carbs: 27g | Fat: 9g | Fiber: 4g | Sodium: 100mg | Potassium: 280m

Seedy Trail Mix Cups with Maple Glaze



Servings: 6

Prep Time: 12 min

Cook Time: 8-10 min

Ingredients:

Base:

- ½ cup rolled oats
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- ¼ cup chia seeds (or hemp hearts)
- ¼ cup chopped almonds
- 2 tbsp raisins (or cranberries)
- 2 tbsp shredded coconut
- ½ tsp cinnamon
- pinch of salt

Glaze:

- ¼ cup maple syrup
- 2 tbsp almond or peanut butter
- 1 tsp vanilla extract
- 1 tbsp coconut oil (optional)

Toppings:

- flaky salt, dark chocolate drizzle, or hemp hearts

Step-by-Step Directions:

1. Place oats, seeds, almonds, raisins, coconut, cinnamon, and salt in a bowl.
2. Stir syrup, nut butter, vanilla, and coconut oil together until smooth.
3. Pour glaze over dry mix and toss until sticky.
4. Spoon into air fryer-safe silicone cups, pressing down firmly.
5. Heat air fryer to 330°F. Cook cups for **8-10 min** until golden.
6. Leave cups in the basket to firm up as they cool.
7. Top with chocolate, salt, or hemp hearts if desired

Nutrition Information (Per Serving – 2 cups)

Calories: 240 | Protein: 9g | Carbs: 28g | Fat: 12g | Fiber: 6g | Sodium: 80mg | Potassium: 320mg

BONUS

Tips for Using Your Air Fryer

Master the machine, transform your meals

So, you've got this sleek little machine sitting on your counter, humming with potential, and you're thinking, *Now what?* Don't worry—I've got you. Whether you just unboxed your air fryer or you've already done a few test runs (and maybe burned a few fries, no shame), this chapter is your go-to guide for getting the most out of it.

The air fryer is more than a one-trick pony—it's your new weeknight hero, meal-prep sidekick, and secret weapon for healthy cooking with less oil and less stress. Once you learn the basics (and a few sneaky hacks), you'll wonder how you ever cooked without it.

Setup and Initial Use: Getting Started Like a Pro

Before you toss in your first batch of tofu, take a minute to get familiar:

- **Wash everything first:** Remove the basket and tray, give them a gentle wash with warm, soapy water, and let them dry completely.
- **Read your manual:** Different models have different quirks. Knowing yours will save time and frustration.
- **Preheat if needed:** Some models heat instantly, others need 2–5 minutes. For best results (especially with protein-rich foods), give it a quick preheat.
- **Place it safely:** Give it a bit of breathing room—don't wedge it in a tight corner. It needs space for airflow and heat circulation.

Efficient Operation: Save Time, Save Energy

- **Don't overload the basket:** Crowding = steaming, not browning. Work in batches for crispier results.
- **Shake or flip halfway:** It's not just fun—it helps everything cook evenly.
- **Use perforated parchment paper for sticky foods:** It prevents mess without blocking airflow. Don't use wax paper—it melts!
- **Keep the outside clean:** Wipe down the exterior and vent area occasionally so it doesn't overheat or smell funky.
- **Use oil wisely:** A quick spritz of oil spray is all you need. Avoid heavy oils or too much coating—it can smoke or make things soggy

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cilantro

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Almond Butter Stuffed Dates, 92

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coconut oil

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corn

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D

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E

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flax seeds

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G

garlic

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H

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J

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L

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Seitan Bacon Breakfast Sandwich, 14

Smoky BBQ Tofu Fingers, 49

Teriyaki Tofu Steaks with Edamame, 55

Tofu & Veggie Stir-Fry Noodles, 79

Vegan Tiramisu Cups with Silken Tofu, 98

Tempeh & Kale Breakfast Hash, 5

tomato

Seitan Bacon Breakfast Sandwich, 14

Mediterranean Chickpea Bake, 72

tomato paste

Air-Fried Lentil Loaf Squares, 58

Cauliflower Tofu Tikka Bites, 65

Lentil & Rice Stuffed Mini Peppers, 51

Lentil Shepherd's Pie Bites, 77

Seitan and Lentil Stuffed Peppers, 67

Protein-Packed Mexican Lasagna, 66

tortillas

Smashed Bean & Veggie Quesadilla Triangles, 54

Breakfast Burritos with Black Beans & Tofu, 11

Korean Gochujang Tofu Wraps, 75

Protein-Packed Mexican Lasagna, 66

Thai Peanut Chickpea Wraps, 62

V

vanilla extract

Almond-Quinoa Chocolate Balls, 84

Vanilla Chia Protein Donuts, 15

Air-Fried Date & Nut Energy Bites, 88

Air-Fried Hemp Heart Banana Fritters, 28

Apple Pie Protein Muffins, 99

Baked Protein Oat Balls with Berries, 22

Banana-Cashew Cream Pies, 96

Black Bean Brownie Bites, 85

Chocolate Protein Donuts, 83

Chocolate-Dipped Quinoa Clusters, 100

Chocolate-Dipped Tofu Pudding Cube, 89

Cinnamon Chickpea Cookie Bites, 90

Cinnamon Raisin Protein Popovers, 102

Coconut-Lentil Bites with Cacao, 94

Crunchy Peanut Butter Granola Clusters, 13

Lemon Coconut Chia Bites, 104

Millet & Almond Butter Breakfast Bars, 23

Oat-Almond Crumble Bars, 101

Oatmeal Chia Raisin Crunch Bars, 87

Peanut Butter Chickpea Blondies, 82

Pistachio-Oat Air Fried Cookies, 105

Protein Mug Cake, 97

Protein Power Trail Mix Clusters, 50

Seedy Protein Breakfast Bites, 25

Seedy Trail Mix Cups with Maple Glaze, 106

Strawberry-Avocado Pudding Bites, 103

Sweet Potato Oat Chocolate Truffles, 95

Vanilla Hemp Protein Cake Squares, 93

Vegan Mocha Protein Puffs, 91

Vegan Tiramisu Cups with Silken Tofu, 98

vegan sausage

Vegan Sausage & Sweet Potato Tots, 10

vegan sour cream

Protein-Packed Mexican Lasagna, 66

veggie broth

Lentil Shepherd's Pie Bites, 77

W

walnuts

Air-Fried Date & Nut Energy Bites, 88

Apple Pie Protein Muffins, 99

whole grain bread

White Bean Garlic Spread on Toast Rounds, 37

Chickpea Pita Chips with Avocado Cream, 44

Vegan Greek Yogurt Toast Crunch, 19

Y

yogurt

Baked Avocado & Quinoa Cups, 24

Cauliflower Tofu Tikka Bites, 65

Chickpea Pita Chips with Avocado Cream, 44

Chickpea-Stuffed Breakfast Pockets, 20

Vegan Greek Yogurt Toast Crunch, 19

Vegan Protein Pizza Bites, 40

Z

zucchini

Air-Fried Zucchini Chickpea Discs, 47

Mediterranean Chickpea Bake, 72

Millet & AlHigh-Protein Savory Oat Cakes, 26

Seitan and Lentil Stuffed Peppers, 67

Veggie-Stuffed Chickpea Frittata, 27

Black Bean & Corn Enchilada Boats, 70

NOTES

