

AIR FRYER RECIPES

With Brenda Hoehn & Brittany Wilkinson





Chick-Fil-A Grilled Nuggets

HERE IS A CHICKEN NUGGETS RECIPE THAT IS SUPER EASY TO MAKE, HIGH PROTEIN, AND PERFECT FOR MEAL PREP. ALL THE GOOD TASTE OF GRILLED CHICK-FIL-A NUGGETS! (4 SERVINGS)



PREP TIME

35-60 MINUTES

COOK TIME

15 MINUTES

TOTAL TIME

75 MINUTES

Ingredients:

1 LB CHICKEN BREAST - CUT INTO BITE-SIZE PIECES
1/2 C (120ML) PICKLE JUICE
1/4 C (60ML) SKIM MILK
2 TSP POWDERED SUGAR
1/2 TSP KOSHER SALT
1/2 TSP BLACK PEPPER
1/2 TSP GARLIC POWDER
1/4 TSP SMOKED PAPRIKA

**ENTREE /
MEAL PREP**

Instructions:

1. **CUT UP CHICKEN.** CUT UP CHICKEN INTO BITE-SIZE PIECES.
2. **MIX UP BASTE/BASTE THE CHICKEN.** MIX PICKLE JUICE AND MILK TO FORM A BASTE. MIX WITH CHICKEN AND BASTE FOR 30-60 MINUTES.
3. **SEASON THE CHICKEN.** USE THE REMAINDER OF THE INGREDIENTS (SEASONINGS TO COAT THE CHICKEN).
4. **PLACE IN THE AIR FRYER.** COOK AT 350 DEGREES FOR 8-15 MINUTES (UNTIL CORE TEMPERATURE IS 165 DEGREES).

SHARED AND ADAPTED FROM PINTEREST: KINDA HEALTHY RECIPES - M. WOODRUFF

1 SERVING = 135 CALORIES (27 G PROTEIN, 2 G CARB, 1 G FAT)



Stuffed Mushrooms

THESE MAY SEEM INTIMIDATING AT FIRST, BUT THE INGREDIENTS ARE SIMPLE AND THE FINISHED PRODUCT IS AMAZING! AFTER YOU TRY THESE YOU WILL WANT THEM AROUND ALL THE TIME! (4 SERVINGS)

PREP TIME

10 MINUTES

COOK TIME

10 MINUTES

TOTAL TIME

20 MINUTES



Ingredients

- 1 TBSP OLIVE OIL
- 2 TBSP GRATED PARMESAN CHEESE
- 1 TBSP FRESH PARSLEY
- 1/4 CUP OF BREADCRUMBS (ITALIAN OR PANKO)
- A BIG PINCH OF BLACK PEPPER
- 8 BABY PORTOBELLO MUSHROOMS

HEALTHY
APPETIZER

Instructions

1. **PREHEAT** AIR FRYER TO 360 DEGREES
2. **COMBINE OLIVE OIL, CHEESE, PARSLEY, BREADCRUMBS, AND PEPPER INTO A BOWL.**
3. **WASH YOUR MUSHROOMS THOROUGHLY, PAT DRY, AND REMOVE THE STEMS FROM THE BABY PORTOBELLO MUSHROOMS.**
4. **SPRAY YOUR AIR FRYER PAN WITH NON STICK COOKING SPRAY.**
5. **SPOON YOUR MIXTURE INTO EACH MUSHROOM AND COOK FOR 10 MINUTES.**
6. **LET COOL AND ENJOY!**

1 SERVING (2 MUSHROOMS) = 109 CALORIES (5 G PROTEIN, 8 G CARBS, 7 G FAT)



Roasted Bananas

YES! PLAIN BANANAS CAN BE A DECADENT DESSERT TOO! YOU CAN SPRINKLE CINNAMON, HONEY, OR EVEN PAIR THIS WITH FROZEN GREEK YOGURT FOR AN AMAZING SNACK! (2 SERVINGS)

PREP TIME

10 MINUTES

COOK TIME

10 MINUTES

TOTAL TIME

20 MINUTES



Ingredients

1 BANANA

1 TBSP LIGHT BROWN SUGAR

DESSERT
OR SNACK

Instructions

1. **PREHEAT** AIR FRYER TO 300 DEGREES
2. **SPRAY THE PAN** WITH A NON STICK COOKING SPRAY TO HELP THE BANANAS FROM STICKING TO THE PAN.
3. **CUT THE BANANAS** EITHER INTO CHIPS, OR BY CUTTING THE BANANA INTO FOURTHS. PLACE THEM CUT SIDE DOWN INTO THE PAN AND SPRINKLE 1 TBSP OF LIGHT BROWN SUGAR.
4. **REMOVE THE BANANAS** FROM THE AIR FRYER AND PUT THEM ON A RACK TO COOL COMPLETELY BEFORE ENJOYING!

1 SERVING (1/2 BANANA) = 75 CALORIES (1 G PROTEIN, 19 G CARBS, 0 G FAT)



Air Fryer Apples

THESE BAKED APPLE SLICES ARE A HEARTY RECIPE THAT CAN BE QUICKLY MADE. WHETHER YOU'RE COOKING FOR YOURSELF OR YOUR FAMILY, THESE ARE A COMFORT FOOD FAVORITE.

(1-4 SERVINGS - DEPENDING ON # OF APPLES USED)



PREP TIME

5-10 MINUTES

COOK TIME

7 MINUTES

TOTAL TIME

12-17 MINUTES

Ingredients:

APPLES (ANY TYPE: PEELED, CORED, AND SLICED)

SPICE: CINNAMON, PUMPKIN PIE SPICE, OR YOUR FAVORITE HONEY

DESSERT
OR SNACK

Instructions:

1. **PEEL AND CUT YOUR APPLES.** PEEL THE SKIN OFF THE APPLES, AND CUT THEM INTO SLICES. (1 MEDIUM APPLE PER SERVING)
2. **ADD SPICES** TO A LARGE BOWL, COMBINE APPLES AND YOUR DESIRED SPICES UNTIL THEY COVER ALL THE APPLES.
3. **ADD HONEY** POUR THE HONEY OVER THE APPLES AND MIX UNTIL THE APPLES ARE LIGHTLY COATED (1.5 TSP PER SERVING)
4. **ADD TO THE AIR FRYER.** POUR THE APPLES INTO THE AIR FRYER BASKET AND SPREAD THE APPLES AROUND SO THEY'RE IN A SINGLE LAYER. COOKPOWER ON AND COOK FOR 7 MINUTES ON 350-400.
5. **SERVE!** TURN THE AIR FRYER OFF AND SERVE. APPLES SHOULD BE SOFT AND SWEET.

SHARED AND ADAPTED FROM PINTEREST: MY CRAZY GOOD LIFE

1 SERVING = 127 CALORIES (1 G PROTEIN, 34 G CARB, 0 G FAT)



Air Fryer Buffalo Cauliflower

AIR FRYER BUFFALO CAULIFLOWER BITES WITH NO BREADING ARE EASY TO MAKE FOR A HEALTHY SNACK OR APPETIZER! THESE HEALTHY CAULIFLOWER BITES ARE KETO-FRIENDLY AND PERFECT FOR GAME DAY SNACKS! (4 SERVINGS)



PREP TIME

7 MINUTES

COOK TIME

15 MINUTES

TOTAL TIME

22 MINUTES

Ingredients:

1 BAG OF FROZEN CAULIFLOWER FLORETS

OLIVE OIL

SALT & PEPPER

BUFFALO SAUCE - MILD OR HOT (CAN THIN WITH RICE VINEGAR IF TOO THICK)

RANCH SEASONING (DRY POWDER PACKET)

**HEALTHY
APPETIZER**

Instructions:

1. **SEASON THE CAULIFLOWER.** DRIZZLE THE CAULIFLOWER WITH OLIVE OIL. SEASON THE CAULIFLOWER WITH SALT AND PEPPER.
2. **MAKE THE RANCH BUFFALO SAUCE.** MIX 1/2 PACKET RANCH SEASONING WITH 1/2 CUP BUFFALO WING SAUCE AND SET ASIDE. THIN THE SAUCE WITH A LITTLE RICE VINEGAR IF DESIRED.
3. **COOK CAULIFLOWER.** COOK CAULIFLOWER IN ONE OR TWO BATCHES (DEPENDING ON THE SIZE OF YOUR AIR FRYER) AT 380F FOR 1-15 MINUTES, TURNING AT HALFWAY POINT.
4. **SAUCE THOSE BITES!** GENTLY TOSS THE CAULIFLOWER BITES WITH THE SAUCE. SERVE HOT WITH RANCH ON THE SIDE IF DESIRED.

SHARED AND ADAPTED FROM PINTEREST: MAMA FIT LINDSEY

1 SERVING = 59 CALORIES (3 G PROTEIN, 7 G CARB, 3 G FAT)