



**ELECTRICGIANT**



# RECIPES

Less oil More health :)

# INTRODUCTION

Air frying is a fantastic way to cook foods fast, easy, and in less time. It heats up quickly and circulates hot air internally to cook food. For most foods, there is no need to add much oil during cooking that helps you enjoy a healthier life.

ELECTRIC GIANT Air fryer allows you to fry food healthier, faster, and more conveniently. This recipe book features Breakfast, Appetizers, Main Course, Vegetables and Side Dishes, Snack, and even Desserts! Let these recipes inspire you to cook healthy, well-balanced meals for you and your family. Hope you have a unique innovative dishes.

Thank you for your trust. If the recipe file is lost, you can download it again from our official website <https://www.elegiants.com/> . Appreciate support for long time.



## **TIPS**

### **Cooking Times**

In the recipe we recommend the appropriate cooking time. Actual cooking times in your air fryer will vary depending on several factors : Preset temperature and time, the size of food you are cooking, the thickness of cuts, , and the temperature of items going into the air fry pot.

### **Oil Sprays or Misters for Frying**

Never pour oil into your machine for frying. This appliance is not to be used as a deep fryer. We recommend using good quality oil sprays or your own choice of oil in a mister. You can use any oil: olive, canola, vegetable, or coconut.

### **Stir the food**

Stir foods in the middle of cooking to enable them delicious and crunchy.



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# BREAKFAST



# GARLIC BREAD



Prep Time: 5 Minutes



Cook Time: 8 Minutes



Total Time: 13 Minutes

## INGREDIENTS

- 1 foot French baguette
- 4 tbsp butter
- 1 tsp garlic paste
- 1 tsp parsley

## INSTRUCTIONS

1. Preheat the air fryer at 180°C
2. Slice the French baguette diagonally to about 1-inch slices.
3. To a small bowl, add butter, garlic, parsley and mix to combine.
4. Spread the softened garlic butter on the slices of bread and set aside.
5. Arrange the bread slices in the pot and air fry for 6 to 8 minutes. Do 8 minutes if you like it really crunchy.



# CORN DOGS



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 4 frozen corn dogs
- olive oil spray

## INTRUDUTIONS

1. Spray bottom of the air fryer pot with olive oil spray. Place the corn dogs in the pot.
2. Cook at 180°C for 8-10 minutes.



# FRENCH TOAST STICKS



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 2 large eggs
- 1/3 cup milk
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 6 slices thick bread Texas toast or French bread
- 1 tablespoon brown sugar
- olive oil spray

## INSTRUCTIONS

1. In a small bowl whisk together the eggs, milk, cinnamon, and vanilla.
2. Spray the bottom of the basic air fryer with olive oil spray. Cut the Texas toast into 3 sections.
3. Dredge into the egg mixture and place in a single layer in the pot. Sprinkle the tops with brown sugar.
4. Cook at 180 °C for 6-8 minutes or until golden. Serve with syrup and dust with powdered sugar if desired.





# CHOCOLATE CHIP COOKIES



Prep Time: 10 Minutes   Cook Time: 25 Minutes   Total Time: 35 Minutes

## INGREDIENTS

- 1 cup butter softened
- $\frac{3}{4}$  cup brown sugar
- 1 cup sugar
- 2 large eggs
- 2 teaspoon vanilla
- 3  $\frac{1}{2}$  cups flour
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder
- 1 teaspoon salt
- 2 cups milk chocolate chips

## INSTRUCTIONS

1. In a medium sized mixing bowl cream together cream butter, and sugars. Add eggs and vanilla and beat until fluffy.
2. Add flour, baking soda, baking powder and salt until combined. Add the chocolate chips and mix well.
3. Line your air fryer with parchment paper. Using a 1 inch cookie scoop, scoop out the dough and drop 4 cookies into the frying-pot. Using a cup press the cookies so they are flat. Bake at 180 C for 20-25 minutes.



# HOT DOG



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 3 hot dogs
- 3 hot dog buns
- Optional toppings
- relish
- ketchup
- mustard

## INSTRUCTIONS

1. Place the hot dogs in your air fryer pot. Cook at 200 °C for 6-8 minutes.
2. For a toasty bun, add your hot dogs to your bun the last 2 minutes of cooking if desired. Top with your favorite toppings!



# GRILLED CHEESE



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 4 slices sourdough bread
- 8 slices cheddar cheese or good melting cheese like American, gruyere, or gouda.
- 2 tablespoons mayonnaise
- 1 tablespoon softened butter

## INSTRUCTIONS

1. Lay two slices of cheese between two pieces of bread. In a small bowl combine the mayonnaise and butter and spread on the outside of the bread.
2. Place in pot of air fryer and cook at 180°C for 5 minutes, flip and cook and additional 5 minutes or until toasted.



# “FRIED” EGGS



Prep Time: 2 Minutes



Cook Time: 3 Minutes



Total Time: 5 Minutes

## INGREDIENTS

- 2–4 eggs
- olive oil spray
- salt and pepper to taste

## INSTRUCTIONS

1. Take out the grill, then spray it with olive oil in air fryer pot.
2. Crack the eggs into the pot
3. Set your temperature to 180 °C .
4. Set the timer for 3 minutes
5. Through the visible window see how it is. Does it need more time, do you like the yolk harder, then just add a minute.



# HOMEMADE WHITE BREAD



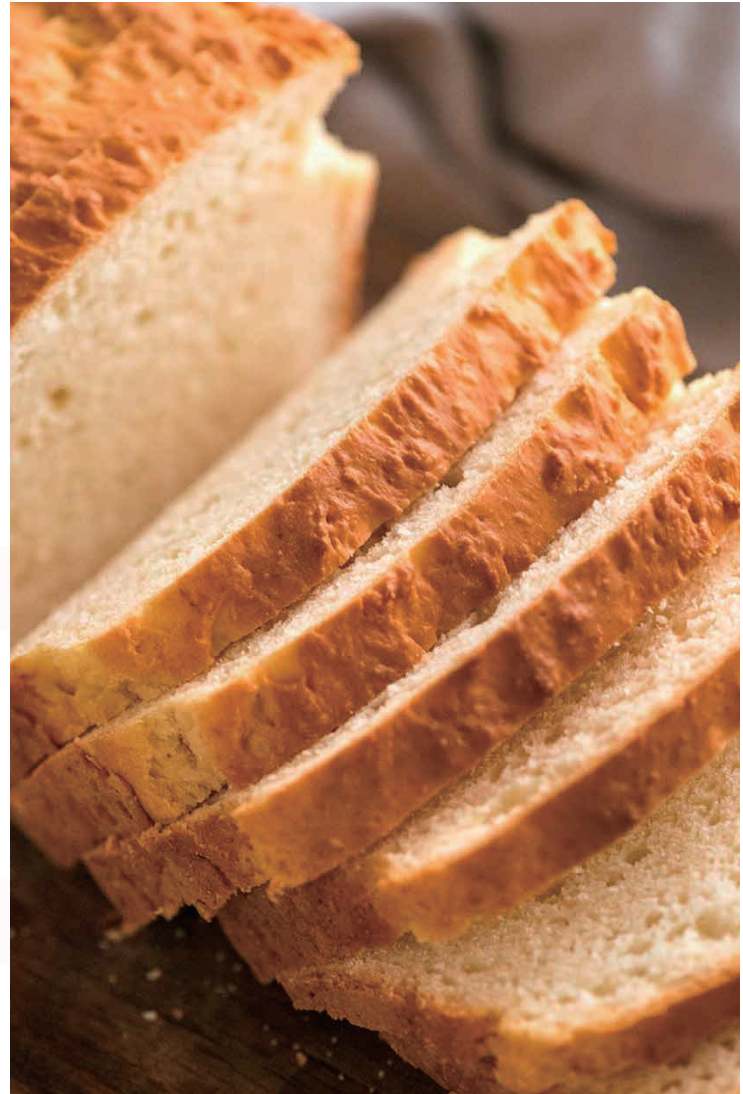
Prep Time: 15 Minutes   Cook Time: 40 Minutes   Total Time: 55 Minutes

## INGREDIENTS

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon baking soda
- 2 ripe bananas
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{4}$  cup vegetable oil
- $\frac{1}{4}$  cup sour cream
- $\frac{1}{2}$  teaspoon pure vanilla extract
- 1 large egg
- $\frac{1}{2}$  cup chopped walnuts

## INSTRUCTIONS

1. In a large bowl, whisk together flour, salt, and baking soda. Place bananas in a medium bowl and mash until very smooth with a fork or potato masher.
2. Whisk in sugar, oil, sour cream, vanilla, and egg, making sure all ingredients are completely smooth.
3. Transfer the batter into a non-stick 6-7 round baking pan and place the pan inside the air fryer pot.
4. Bake at 200 °C for 35-40 minutes, or until toothpick test in the middle of the bread is clean.
5. Allow to cool in the baking pan on a wire rack for at least 20 minutes before removing.





# APPETIZERS

# SHRIMP



Prep Time: 2 Minutes



Cook Time: 8 Minutes



Total Time: 10 Minutes

## INGREDIENTS

- 1 pound large or jump shrimp
- salt and pepper
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 3 garlic cloves minced
- 1 tablespoon Italian seasoning
- 1 tablespoon lemon juice
- 2 tablespoons soy sauce
- 1 teaspoon dijon mustard
- 1 tablespoon Worcestershire sauce

## INSTRUCTIONS

1. Salt and pepper the shrimp. In a medium sized bowl combine olive oil, red wine vinegar, garlic, Italian seasoning, lemon juice, soy sauce, Dijon Mustard and Worcestershire sauce.
2. Add the shrimp and let marinate for at least one hour or overnight.
3. Remove the shrimp from the marinade and place in the air fryer pot. Cook at 200 °C for 8 minutes or until pink and cooked throughout.



# TOASTED RAVIOLI



Prep Time: 10 Minutes



Cook Time: 10 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 2 large eggs
- 1/2 cup Italian seasoned breadcrumbs
- 1/2 cup grated parmesan cheese
- 1 (14 ounce) package cheese ravioli
- olive oil spray
- marinara sauce for serving

## INSTRUCTIONS

1. In a small bowl add eggs and whisk. In another small bowl combine breadcrumbs and parmesan cheese.
2. Dip each ravioli into the egg mixture and then into the breadcrumb mixture.
3. Continue with each ravioli and place into air fryer pot.
4. Cook at 180°C for 3-5 minutes. Spray with olive oil spray and flip and cook for an additional 3-5 minutes or until golden.





# AIR FRYER TATER TOTS



Prep Time: 5 Minutes



Cook Time: 15 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 16 ounce frozen tater tots
- 1 teaspoon seasoning salt optional
- olive oil spray

## INSTRUCTIONS

1. Place frozen tater tots in the pot of your air fryer.
2. Sprinkle with seasoning salt. Spray with olive oil.
3. Cook at 200°C for 10 minutes, then open the lid and flip the tots. Continue to cook for 5-8 minutes or until crisp.



# CREAM CHEESE WONTONS



Prep Time: 10 Minutes



Cook Time: 10 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 8 ounce cream cheese softened
- 2 tablespoons green onion finely chopped
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- wonton wrappers
- olive oil spray

## INSTRUCTIONS

1. In a small bowl add the cream cheese, green onions, garlic powder and salt and beat until creamy.
2. Lay a wonton wrapper on a non stick surface. With your finger wet the edges of the wonton wrapper. Add about a teaspoon of the cream cheese filling and bring up each corner creating a star and seal tightly.
3. Spray the pot of an air fryer with olive oil spray. Add the wontons to the pot and lightly spray with olive oil. Cook at 200 °C for 8 minutes. Check to see if they are golden and cook for an additional 2 minutes if needed.



# SCOTCH EGGS



Prep Time: 10 Minutes



Cook Time: 15 Minutes



Total Time: 25 Minutes

## INGREDIENTS

- 5 large eggs, hard boiled
- 1 lb breakfast pork sausage

## INSTRUCTIONS

1. Hard boil eggs, if not done already. Peel and set aside.
2. Separate breakfast sausage into 5 equal balls. Flatten these out on parchment or another non-stick surface.
3. Using wet hands, sculpt the breakfast sausage around each hard boiled egg, creating an even layer as you work your hands around them.
4. Put sausage covered eggs into your air fryer pot. Set the temperature to 200 °C and the timer to 15 minutes, rotating each egg with tongs halfway through cooking.
5. Carefully remove eggs from air fryer basket and allow to cool to a reasonable temperature. Serve warm.



# FROZEN MOZZARELLA STICKS



Prep Time: 5 Minutes



Cook Time: 5 Minutes



Total Time: 10 Minutes

## INGREDIENTS

- 1 (16-ounce) package frozen mozzarella sticks.

## INSTRUCTIONS

1. Preheat air fryer 5 minutes.
2. Place mozzarella sticks in an even layer in air fryer.
3. Air fry for 5-6 minutes, until cheese starts to peak through breading.
4. Serve warm with marinera sauce, if desired.



# CRUNCHY CHICKPEAS



Prep Time: 5 Minutes



Cook Time: 15 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 1 tin of chickpeas
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 teaspoon smoked paprika
- 1 teaspoon garlic
- 1 chili (optional)
- 1 teaspoon of oil (optional, this is just to get the seasoning to stick)
- Salt and pepper to season

## INSTRUCTIONS

1. Use spray & cook or baking paper to line a baking grill. Mix all the above ingredients in the baking tray and put into the air fryer to fry.
2. Bake in the air fryer for 10-15 minutes or until golden brown.
3. Remove from the air fryer and allow to cool in the tray, they should become crispy on cooling.





# MAIN COURSE

# PERFECTLY JUICY GRILLED STEAK



Prep Time: 10 Minutes



Cook Time: 20 Minutes



Total Time: 30 Minutes

## INGREDIENTS

- 1-2 Ribeye New York, or Tri Tip Steaks (1 inch thick)
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- salt and pepper

## INSTRUCTIONS

1. Prepare the steaks by rubbing olive oil on each side. Rub the Italian seasoning, and salt and pepper on each side.
2. Add the steak to the air fryer pot and cook for 12 minutes, turning over after 6 minutes for medium. Let the steak rest for 10 minutes and top with garlic butter.



# GARLIC STEAK BITES



Prep Time: 10 Minutes



Cook Time: 15 Minutes



Total Time: 25 Minutes

## INGREDIENTS

- 1 pound New York steak or sirloin steak cut into one inch cubes
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon Italian seasoning
- 3 cloves garlic minced
- 1/4 cup butter melted
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary minced
- 1 teaspoon parsley minced

## INSTRUCTIONS

1. In medium sized bowl add the steak bites, olive oil, salt, pepper, Italian seasoning and garlic. Add to the pot of the air fryer.
2. Cook at 200 °C for 10-12 minutes. Once cooked toss to coat with the garlic herb butter.





# MEATBALLS



Prep Time: 5 Minutes



Cook Time: 20 Minutes



Total Time: 25 Minutes

## INGREDIENTS

- 1 ½ lbs ground beef
- 1 medium onion shredded or finely chopped
- ½ cup breadcrumbs
- 1 large egg
- 1 teaspoon Italian seasoning
- ¼ cup fresh parsley chopped
- ½ teaspoon salt
- ½ teaspoon pepper

## INSTRUCTIONS

1. Combine all the meatball ingredients together in a large bowl. Shape into 16 equal size meatballs.
2. Spray the air fryer pot with a bit of cooking spray. Place the meatballs into the air fryer pot in a single layer. Spray the meatballs as well with a bit of cooking spray. Cook for 20 minutes or until the center of the meatball reaches 75°C.



# LAMB CHOPS



Prep Time: 15 Minutes



Cook Time: 20 Minutes



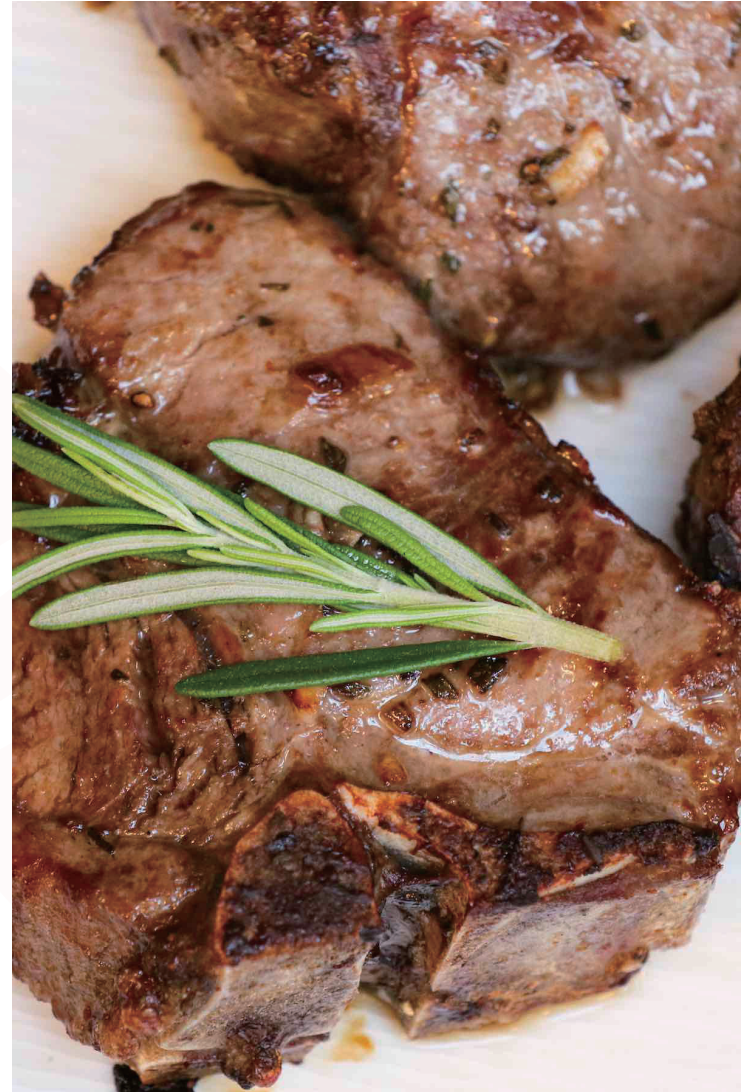
Total Time: 35 Minutes

## INGREDIENTS

- 1 pound lamb chops, about 4-5 chops (see note)
- 1 1/2 tablespoons olive oil, see note
- 1/2 tablespoon lemon juice
- 1/2 tablespoon minced garlic
- 1 tablespoons fresh rosemary, or 1 teaspoons dried, chopped (see note)
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper, freshly ground

## INSTRUCTIONS

1. mix the olive oil, lemon juice, rosemary, salt and pepper together. Add the lamb and toss to coat. Set aside to marinate for as little as 10 minutes up to 15 minutes.
2. Preheat the air fryer to 5 minutes. Once hot, open the lid and use tongs to put in the chops, ideally in a single layer.
3. Close the lid. Set the timer for 15-20 minutes depending on thickness and temperature of the chops, and then let the chops cook.



# LAMB KEBABS



Prep Time: 5 Minutes



Cook Time: 15 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 500g Lamb Kebab (at room temperature)
- 1 teaspoon chili powder
- 1 teaspoon cumin powder
- 1 Egg(Broken up)
- appropriate amount onion
- 2 teaspoons oil

## INSTRUCTIONS

1. Set the air fryer temperature to 90°C and timer to 5 minutes for preheating;
2. Stir onion, egg, chili powder, salad oil, salt, cumin powder together, and then coat the lamb kebab;
3. Leave the seasoned Lamb Kebab 20 minutes;
4. Put lamb kebab into the fry pot evenly, put the fry pot with pot back to the appliance;
5. Fry for 15 - 20 minutes or until brown.



# PORK CHOP



Prep Time: 5 Minutes



Cook Time: 15 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 2 Bone Thick Cut Pork Chops
- salt and pepper
- 2 tablespoons brown sugar
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder

## INGREDIENTS

1. Salt and pepper the pork chops. In a small bowl add the brown sugar, chili powder, paprika, Italian seasoning and garlic powder. Rub on the pork chops.
2. In the pot of your air fryer add pork chops. Turn the air fryer to 200 C and cook for 10 minutes. Then flip the pork chops and cook for an additional 5-7 or until no longer pink.



# BONELESS PORK CHOPS



Prep Time: 15 Minutes



Cook Time: 20 Minutes



Total Time: 35 Minutes

## INGREDIENTS

- 6 thin boneless pork chops
- ¼ cup flour
- 2 large eggs beaten
- 1 ½ cup seasoned panko breadcrumbs
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- tonkatsu sauce optional
- sweet chili sauce optional

## INSTRUCTIONS

1. Place flour, eggs, and panko breadcrumbs in separate shallow bowls. Set aside.
2. Wash and pat pork chops dry.
3. Sprinkle both sides of pork chops with salt and black pepper.
4. Take each pork chop and coat it in the flour, then the eggs, and then the panko.
5. Place pork chops in air fryer pot, making sure there is no overlap.
6. Set Air Fryer to 180°C Fahrenheit and cook for 8 minutes. Once 8 minutes is up, flip pork chops over and continue cooking for 5 more minutes.
7. Remove and repeat for remaining pork chops.
8. Serve pork chops with tonkatsu sauce or sweet chili sauce on the side.



# PROSCIUTTO WRAPPED PORK TENDERLOIN



Prep Time: 15 Minutes



Cook Time: 1 Hour



Total Time: 1 Hour and 30 Minutes

## INGREDIENTS

- 2tbs stone-ground dijon mustard
- 1tbs prepared horseradish
- 1tsp minced fresh rosemary, thyme
- 1tsp worcestershire sauce, 2tsp soy sauce
- 1 tbs olive oil, 4 dashes hot sauce
- 6 slices/3 ounces prosciutto
- 1pound pork tenderloin, 1tbs unsalted butter

## INSTRUCTIONS

1. Rinse the pork tenderloin and pat dry. In a small bowl, Rub the marinade over the entire surface of the pork.
2. Lay six slices (approximately three ounces) of prosciutto on a cutting board, side-by-side and slightly overlapping. Lay the pork tenderloin on top of the prosciutto horizontally, toward the bottom of the ham, leaving a one inch boarder. Carefully pull the bottom of the prosciutto over the pork, pressing it in so it adheres to the marinade. Gently roll the pork away from you, encasing it in the prosciutto and pressing lightly to ensure it is tightly wrapped.
3. The Air fry on 200 C for 30 minutes.



# HONEY GLAZED BAKED HAM



Prep Time: 20 Minutes    Cook Time: 35 Minutes    Total Time: 55 Minutes

## INGREDIENTS

- 1/3 cup honey
- 1/4 cup brown sweetener Brown sugar can be used if preferred.
- 1/4 teaspoon ground cloves
- 3-4 pound boneless fully cooked ham I used a smoked ham. You can also use a pre-sliced ham
- if desired. It eliminates the cutting process.

## INSTRUCTIONS

1. Combine the honey, brown sweetener, and ground cloves in a saucepan on medium-high heat. Stir until the sweetener has dissolved and remove from heat.
2. Glaze the ham using a cooking brush with about 1/4 of the honey glaze mixture and wrap the ham tightly in foil. then Place ham on the air fryer pot. Air fry for 30 minutes on 200 °C .
3. Open up the air fryer and remove the foil . Glaze the ham again.
4. Air fry the ham for an additional 5 minutes on 200 °C .
5. Remove the ham from the air fryer. Allow the ham to rest for at least 10 minutes before slicing.



# SPRING CHICKEN



Prep Time: 5 Minutes



Cook Time: 60 Minutes



Total Time: 65 Minutes

## INGREDIENTS

- 1 (4-5) pound whole chicken giblets removed
- 2 tablespoons olive oil
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- salt and pepper

## INSTRUCTIONS

1. Rub the chicken with the oil. In a small bowl combine italian seasoning, garlic powder, paprika and salt and pepper. Rub all over the chicken.
2. Place the chicken breast side down in the air fryer. Cook at 180 °C for 30 minutes.
3. Flip the chicken and cook for an additional 30 minutes or until the chicken reaches an internal temperature of 75 °C.
4. Add the time if needed.





# JUICY CHICKEN BREASTS



Prep Time: 5 Minutes



Cook Time: 15 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 2 boneless skinless chicken breasts
- 1 tablespoons olive oil
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- salt and pepper
- optional: brussels sprouts

## INSTRUCTIONS

1. Place the chicken in the air fryer pot. Rub olive oil on the chicken.
2. In a small bowl add the Italian seasoning, garlic powder, paprika, salt and pepper. Rub on each sides of the chicken.
3. Cook in the air fryer at 180 °C for 9 minutes. Open the air fryer and flip the chicken. (Add Brussels sprouts now if using). Cook for another 9 minutes or until internal temperature reaches 75 °C .



# CHICKEN DRUMSTICKS



Prep Time: 5 Minutes



Cook Time: 20 Minutes



Total Time: 25 Minutes

## INGREDIENTS

- 4-6 Chicken Legs
- 2 teaspoons paprika
- 1 teaspoons Italian Seasoning
- 1 teaspoon brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons olive oil

## INSTRUCTIONS

1. Pat the chicken legs with a paper towel to dry. Add them to a medium sized bowl.
2. In a small bowl combine paprika, Italian seasoning, brown sugar, and salt and pepper. Add the olive oil to the bowl of chicken and sprinkle with the seasonings and toss until fully coated.
3. Place the chicken legs skin side down in the pot of the air fryer. Cook at 200 °C for 10 minutes. Flip after 10 minutes and continue to cook for 7-8 more minutes until no longer pink and the internal temperature is 75 °C.



# CRISPY CHICKEN WINGS



Prep Time: 5 Minutes



Cook Time: 16 Minutes



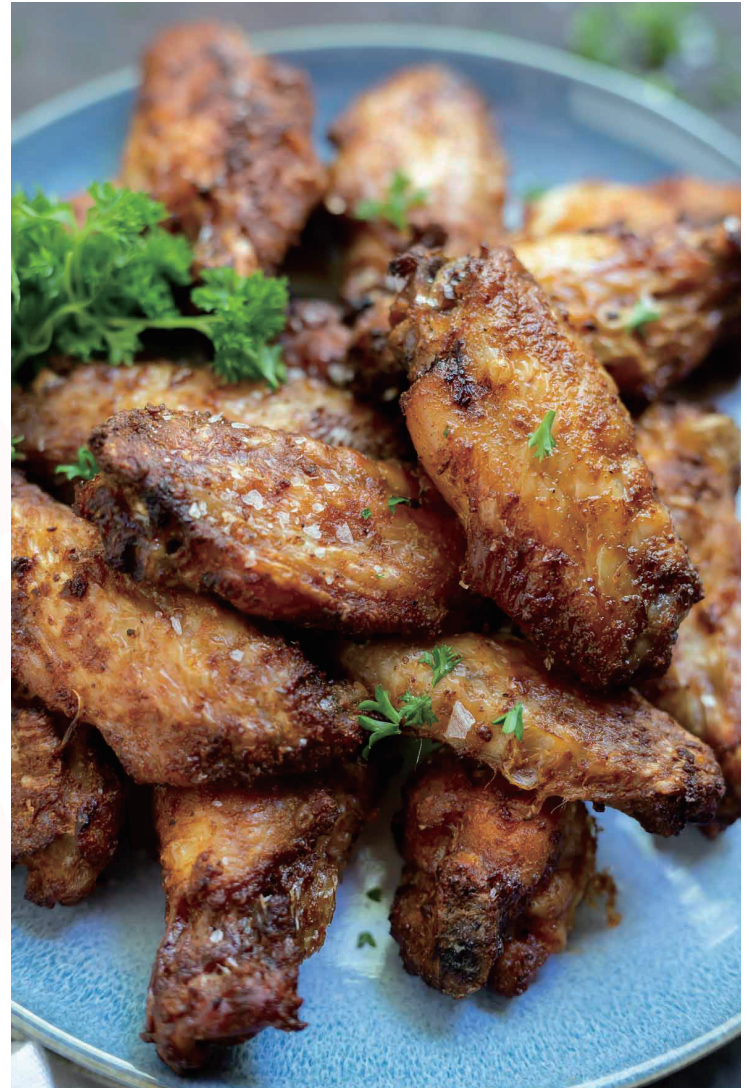
Total Time: 21 Minutes

## INGREDIENTS

- 1 pound chicken wings
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1/4 teaspoon paprika
- salt and pepper
- Honey Buffalo Sauce
- 1/4 cup buffalo sauce
- 2 tablespoons honey
- 1 teaspoon Worcestershire sauce

## INSTRUCTIONS

1. Preheat air fryer to 200°C. In a medium sized bowl add the chicken wings and toss with olive oil, garlic powder, paprika, salt and pepper. Place in an even layer in your air fryer pot. Cook for 8 minutes. Flip the wings and continue cooking for at least 8 minutes or until done. To make the Honey Buffalo Sauce
2. In a small bowl whisk buffalo sauce, honey and Worcestershire sauce. Brush glaze on top of wings.



# CRISPY PARMESAN CHICKEN TENDERS



Prep Time: 5 Minutes



Cook Time: 18 Minutes



Total Time: 23 Minutes

## INGREDIENTS

- 1 1/4 pounds chicken tenders boneless skinless
- 1/2 cup white flour
- Salt and Pepper
- 6 tablespoons olive oil or melted butter
- 3 teaspoons minced garlic
- 1 teaspoon dried basil
- 1/4 teaspoon paprika
- 1 cup Panko
- 2/3 cup Parmesan cheese freshly grated

## INSTRUCTIONS

1. Trim the fat from the tenders. Set out three bowls. Fill one with the white flour, about 1/4 teaspoon pepper, & about 1/2 teaspoon salt. Stir. Fill the next bowl with the olive oil or butter and minced garlic. Stir. Place the basil, paprika, Panko, and parmesan cheese in the last. Stir.
2. Place the tenders in the flour mixture, then the garlic oil, then the panko mixture making sure to evenly and thoroughly coat each piece.
3. Place the tenders in the pot of the air fryer.
4. Cook at 200 °C for 9 minutes and then flip the tenders and cook for another 8-9 minutes or until the internal temperature of the chicken reaches 75 °C .
5. Remove and enjoy immediately with the dipping sauce!



# CHICKEN THIGHS



Prep Time: 5 Minutes



Cook Time: 18 Minutes



Total Time: 23 Minutes

## INGREDIENTS

- 4 bone-in chicken thighs
- 2 teaspoons paprika
- 1 teaspoons Italian Seasoning
- 1 teaspoon brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons olive oil

## INSTRUCTIONS

1. Pat the chicken thighs with a paper towel to dry. Add them to a medium sized bowl.
2. In a small bowl combine paprika, Italian seasoning, brown sugar, and salt and pepper. Add the olive oil to the bowl of chicken and sprinkle with the seasonings and toss until fully coated.
3. Place the chicken thighs skin side down in the pot of the air fryer. Cook at 200 °C for 10 minutes. Flip after 10 minutes and continue to cook for 7-8 more minutes until no longer pink and the internal temperature is 75 °C.



# CRISPY "FRIED" CHICKEN



Prep Time: 5 Minutes



Cook Time: 18 Minutes



Total Time: 23 Minutes

## INGREDIENTS

- 1-2 pounds bone-in chicken thighs and legs
- salt and pepper
- 2 cups buttermilk
- 2 eggs
- 2 cups flour
- 1 tablespoon cajun seasoning
- 1 tablespoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- olive oil spray

## INSTRUCTIONS

1. Salt and pepper chicken thighs and legs. In a medium sized bowl add the buttermilk and eggs and whisk. In another medium sized bowl add the flour, cajun, garlic powder, onion powder, paprika, salt, and pepper.
2. Using tongs, dredge the chicken in the flour, then the buttermilk, and then lastly in the flour. Place in the bottom of the air fryer pot.
3. Cook at 180 C for 15-20 minutes. Open the pot and spray any flour with the cooking spray. Turn the chicken and cook for another 5-10 minutes until 75 C and no longer pink.



# TURKEY BURGERS



Prep Time: 5 Minutes



Cook Time: 15 Minutes



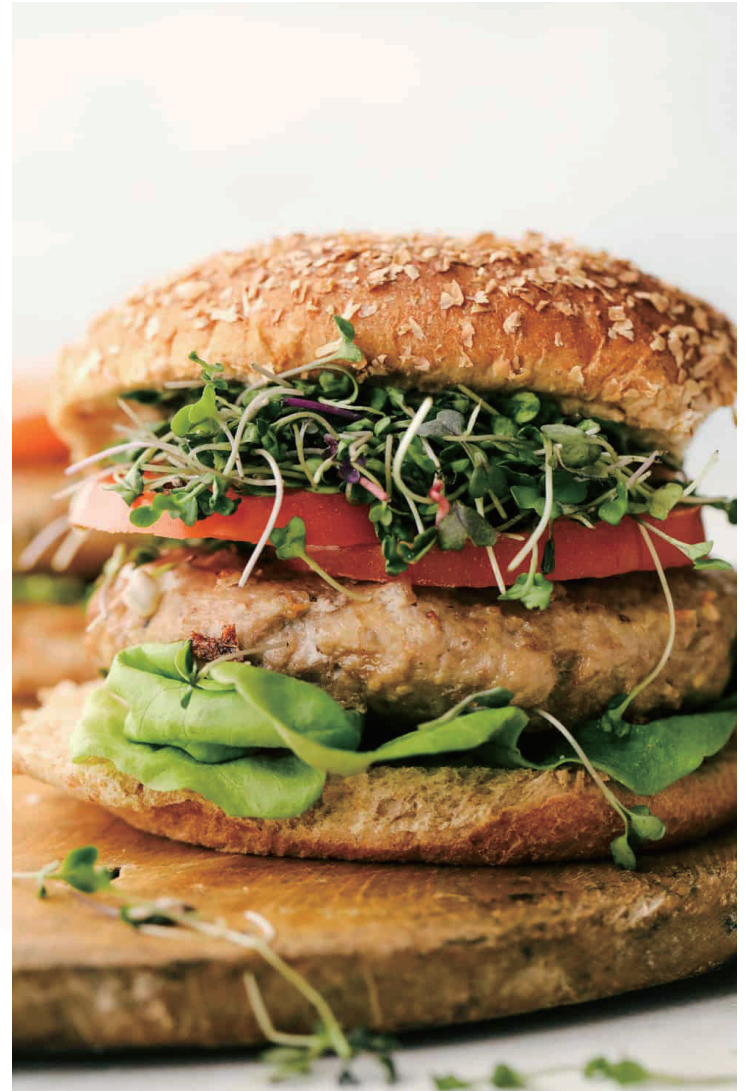
Total Time: 20 Minutes

## INGREDIENTS

- 1 pound ground turkey
- 3 cloves garlic minced
- salt and pepper
- 1 tablespoon worchestershire sauce

## INSTRUCTIONS

1. In a medium sized bowl combine the turkey, garlic, salt, pepper and worchestershire sauce. Shape into four patties keeping them ½ inch thick because they will shrink.
2. Add two patties to the air fryer pot and cook at 180°C for 7 minutes. Flip the patties and continue to cook for about 5 minutes or until cooked throughout.



# BROWN SUGAR GARLIC SALMON



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 1 pound salmon
- salt and pepper
- 2 tablespoons brown sugar
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder

## INSTRUCTIONS

1. Salt and pepper the salmon. In a small bowl add the brown sugar, chili powder, paprika, Italian seasoning and garlic powder. Rub on the salmon.
2. In the pot of your air fryer add the salmon skin side down. Turn the air fryer to 200 °C and cook for 10 minutes. If adding asparagus add to the pot after 5 minutes.

## NOTE

To help the seasonings stick to the salmon pat it dry with paper towels. Also press the seasonings into the salmon so it stays on the salmon.





# LEMON DILL SCALLOPS



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 1 pound scallops
- 1 tablespoons olive oil
- 2 tablespoons butter melted
- 3 cloves garlic minced
- juice of one lemon
- 1 tablespoons dill chopped
- salt and pepper

## INSTRUCTIONS

1. In a medium sized bowl combine scallops, olive oil, butter, garlic juice of one lemon, dill, and salt and pepper.
2. Add the scallops in a single layer in the pot of your air fryer.
3. Cook at 200 C for 6-8 minutes or until it reaches an internal temperature of 50 C.



# AIR FRYER COD



Prep Time: 10 Minutes    Cook Time: 15 Minutes    Total Time: 25 Minutes

## INGREDIENTS

- 1 pound cod filets
- salt and pepper
- 1/2 cup flour
- 2 large eggs
- 1/2 teaspoon salt
- 1 cup Panko
- 1/2 cup grated parmesan
- 2 teaspoons old bay seasoning
- 1/2 teaspoon garlic powder
- olive oil spray if needed

## INSTRUCTIONS

1. Salt and pepper the cod filets.
2. Create a breading station for the fish. In one bowl add the flour. In the second bowl whisk together the eggs and salt. In the last bowl add the Panko, parmesan cheese, old bay seasoning, and garlic powder.
3. First dip the cod in the flour.
4. Then in the egg mixture.
5. And lastly in the Panko.
6. Spray the bottom of your pot with olive oil. Place the fish in the pot of your air fryer. Cook at 200 °C for 10 minutes. Carefully flip the fish. Continue to cook for 3-5 minutes.



# FISH STICKS



Prep Time: 10 Minutes



Cook Time: 15 Minutes



Total Time: 25 Minutes

## INGREDIENTS

- 1 pound cod sliced it strips
- salt and pepper
- 1/2 cup flour
- 2 large eggs
- 1/2 teaspoon salt
- 1 cup Panko
- 1/2 cup grated parmesan
- 2 teaspoons old bay seasoning
- 1/2 teaspoon garlic powder
- olive oil spray if needed

## INSTRUCTIONS

1. Salt and pepper the cod strips.
2. Create a breading station for the fish. In one bowl add the flour. In the second bowl whisk together the eggs and salt. In the last bowl add the Panko, parmesan cheese, old bay seasoning, and garlic powder.
3. First dip the cod in the flour, then the egg, and lastly the Panko mix.
4. Spray the bottom of your pot with olive oil. Place the fish in the pot of your air fryer. Cook at 200 C for 10 minutes. Continue to cook for 3-5 minutes.



# LOBSTER TAILS



Prep Time: 10 Minutes



Cook Time: 10 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 4 lobster tails 4 oz each
- 8 teaspoon butter unsalted, 1 stick
- 1 teaspoon lemon zest
- 2 cloves garlic minced
- salt and pepper to taste
- ½ teaspoon smoked paprika
- 1 teaspoon fresh parsley chopped

## INSTRUCTIONS

1. Cut lengthwise through the center of the top hard shell of the lobster tail with kitchen shears. Cut through, but not all the way to the bottom of the shells; spread the tail halves apart. Place the lobster tail the air fryer pot with meat facing up.
2. In a small saucepan, melt the butter over medium heat. Add the lemon zest, garlic, salt, pepper and smoked paprika. Stir and cook for another minute. Transfer half of this mixture to a smaller bowl, and brush over the lobster tails.
3. Cook the lobster tails in the air fryer at 200 °C for 8-10 minutes or until the lobster meat is opaque. Spoon reserved butter mixture over the lobster meat and serve garnished with parsley and lemon wedges.



# AHI TUNA STEAKS



Prep Time: 10 Minutes



Cook Time: 30 Minutes



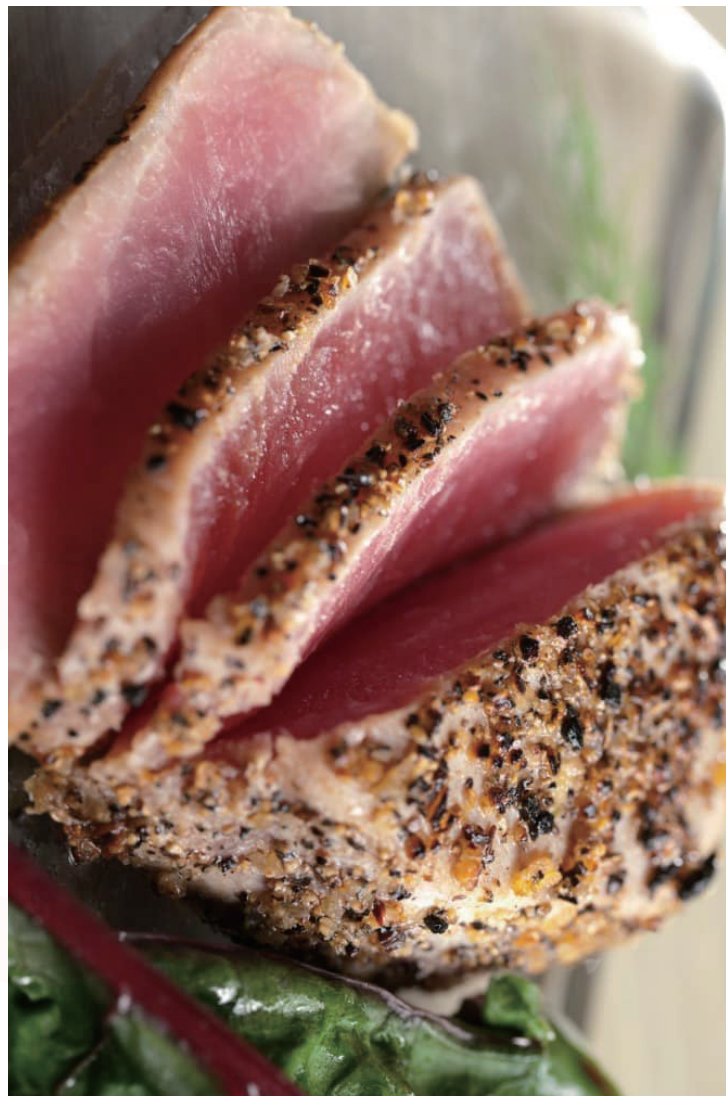
Total Time: 40 Minutes

## INGREDIENTS

- 2 (6 ounce) boneless and skinless yellowfin tuna steaks
- 1/4 cup soy sauce
- 2 teaspoons honey
- 1 teaspoon grated ginger
- 1 teaspoon sesame oil
- 1/2 teaspoon rice vinegar
- Optional For Serving
- green onions, sliced
- sesame seeds

## INSTRUCTIONS

1. Remove the tuna steaks from the fridge.
2. In a large bowl, combine the soy sauce, honey, grated ginger, sesame oil, and rice vinegar.
3. Place tuna steaks in the marinade and let marinate for 20-30 minutes covered in the fridge.
4. Preheat air fryer to 200 °C and then cook the tuna steaks in one layer for 4 minutes.
5. Let the air fryer tuna steaks rest for a minute or two, then slice, and enjoy immediately! Garnish with green onions and/or sesame seeds if desired.



A top-down view of a rustic metal basket filled with golden-brown fried onion rings. The basket is lined with white parchment paper and sits on a light-colored cloth. To the left, a small glass jar contains a creamy dipping sauce with a wooden skewer and a small amount of red spice. To the right, several slices of watermelon are visible. In the bottom right corner, two wooden skewers are placed on a dark wooden surface.

# VEGETABLES AND SIDE DISHES

# STUFFED PEPPERS



Prep Time: 15 Minutes



Cook Time: 15 Minutes



Total Time: 30 Minutes

## INGREDIENTS

- 4 whole bell peppers
- 1 tablespoon olive oil
- 1 small onion diced
- 1 pound lean ground beef
- 1 15 ounce can of diced tomatoes
- 1 8 ounce can of tomato sauce
- 2 cups rice cooked
- 1 tablespoon Italian Seasoning
- 1 teaspoon garlic powder
- salt and pepper
- 2 cups Colby Jack cheese shredded

## INSTRUCTIONS

1. To prepare the peppers, slice the tops off and remove any veins or seeds inside. In a medium sized saucepan over medium high heat add the olive oil and onion. Cook until almost tender. Add in the ground beef and cook and crumble until no longer pink.
2. Add in the diced tomatoes, tomato sauce, rice, Italian seasoning, garlic powder, and salt and pepper.
3. Stuff the peppers with the mixture and place in the pot of the air fryer.
4. Cook the peppers at 180°C until tender for for 10 minutes. Top with cheese and then cook for an additional 2-3 minutes.



# POTATO WEDGES



Prep Time: 5 Minutes



Cook Time: 15 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 3-4 large russet potatoes
- 1/4 cup extra virgin olive oil
- 1 tablespoon garlic powder
- 1 tablespoon Italian seasoning
- 1 teaspoon salt or to taste
- 1/4 teaspoon Freshly ground black pepper or to taste
- 1/2 cup freshly grated Parmesan
- Chopped fresh parsley for garnish

## INSTRUCTIONS

1. Cut each potato lengthwise in half. Cut each half into three wedges.
2. In a large bowl add the potato wedges, olive oil, garlic powder, Italian seasoning, grated parmesan salt and pepper.
3. Place the potatoes in the pot of your air fryer. Cook for 200 °C for 15 minutes. stir the pot every 5 minutes until crispy and golden brown.
4. Garnish with fresh parsley and serve with ketchup, ranch, or sauce of choice.





# GARLIC BUTTER HASSELBACK POTATOES



Prep Time: 5 Minutes



Cook Time: 20 Minutes



Total Time: 25 Minutes

## INGREDIENTS

- 4-5 small size russet potatoes
- salt and pepper to taste
- 1/2 cup butter melted
- 1 teaspoon fresh parsley finely chopped
- 1 teaspoon fresh thyme finely chopped
- 1 teaspoon fresh rosemary finely chopped
- 3 cloves garlic minced

## INSTRUCTIONS

1. Wash and scrub the potatoes. Slice the potatoes thinly leaving a half an inch base at the bottom.
2. Salt and pepper the potatoes.
3. In a small bowl combine melted butter, parsley, thyme, rosemary and garlic.
4. Place the potatoes in the bottom of your air fryer pot. Brush the garlic herb butter along the tops of the potatoes.
5. Cook at 180 °C for 15-20 minutes or until tender.



# CRISPY PARMESAN BRUSSELS SPROUTS



Prep Time: 5 Minutes



Cook Time: 10 Minutes



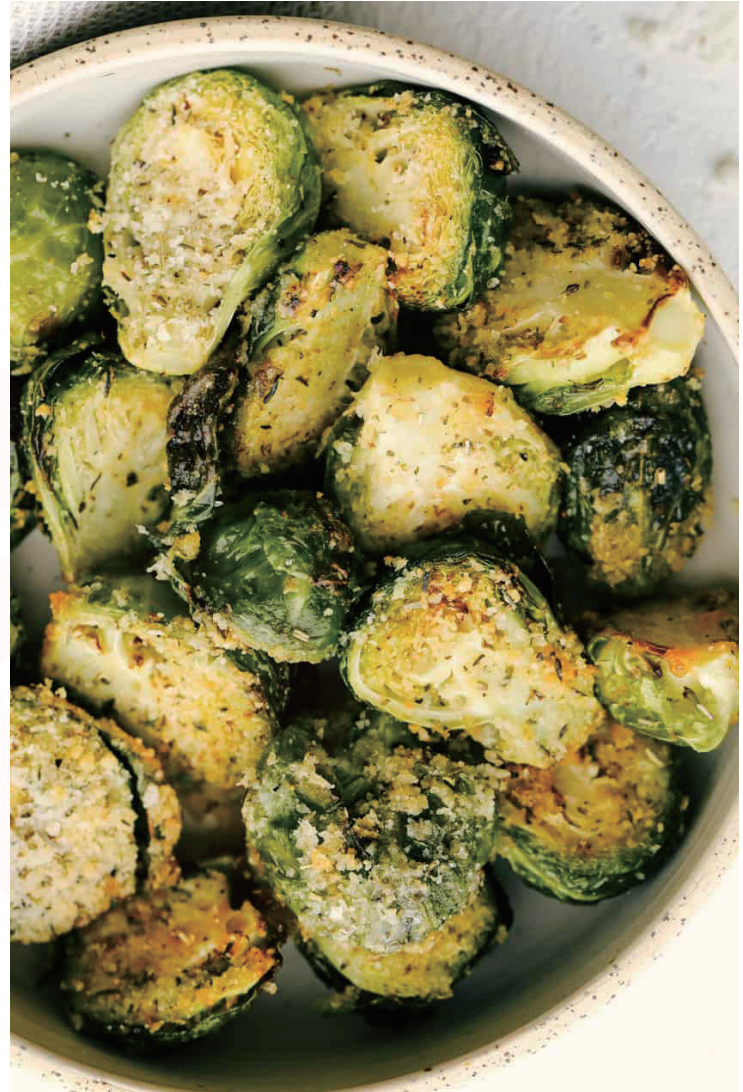
Total Time: 15 Minutes

## INGREDIENTS

- 1/2 pound Brussel sprouts cut in half
- 1 tablespoon olive oil
- salt and pepper
- 1/2 cup parmesan cheese grated
- 2 tablespoons panko bread crumbs
- 1 tablespoon Italian seasoning

## INSTRUCTIONS

1. In a medium sized bowl add the Brussels sprouts, olive oil and sprinkle with salt and pepper.
2. In a small bowl add the parmesan cheese, panko, and Italian seasoning. Sprinkle half of the mixture on the brussel sprouts and toss.
3. Add the brussel sprouts in an even layer in the pot of your air fryer. Cook the brussels sprouts at 200 C for 5 minutes. Open the air fryer and toss the brussels sprouts with the rest of the topping. Cook for an additional 5 minutes or until golden brown and tender.



# CARROTS



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 6 large carrots peeled and sliced
- 1/4 cup olive oil
- 2 tablespoons parmesan
- 1 teaspoon italian seasoning
- 1/2 teaspoon garlic powder
- salt and pepper to taste

## INSTRUCTIONS

1. A medium sized bowl add the olive oil, parmesan, italian seasoning, garlic powder, and salt and pepper.
2. Toss with the carrots and place into the pot in a single layer in the air fryer.
3. Cook at 200 C for 10-12 minutes or until tender and crispy.



# FRIED PICKLES



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 2 cups dill pickle slices
- 1/2 cup flour
- 1 large egg
- 1 tablespoon water
- 1/2 cup bread crumbs
- 1/4 cup grated Parmesan
- 1 tablespoon Italian seasoning

## INSTRUCTIONS

1. Lay the pickles on a paper towel and pat dry. In the first small bowl add the flour. In the second small bowl add the egg and whisk with the water. In the last bowl add the bread crumbs, parmesan, and italian seasoning.
2. Dip each pickle in the flour, then the egg and lastly in the bread crumb mixture.
3. Lay the pickles in a single layer in the air fryer pot. Cook at 200 C for 8-10 minutes. Serve with your favorite dipping sauce.



# ASPARAGUS



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 1 stalk asparagus
- 1 tablespoons olive oil
- juice of half lemon
- salt and pepper

## INSTRUCTIONS

1. Snap the hard ends off of the asparagus.
2. In a medium sized bowl add the olive oil and lemon.
3. Add salt and pepper to taste.
4. Line the asparagus in an even row in the air fryer pot. Cook at 200 °C for 8-10 minutes.
5. For thinner sized asparagus check at 6 minutes.



# ONION RINGS



Prep Time: 10 Minutes   Cook Time: 10 Minutes   Total Time: 20 Minutes

## INGREDIENTS

- 2 large onions
- 1 1/4 cup flour
- 1 teaspoon baking powder
- 3 large eggs
- 2 cups panko
- 1/2 cup grated parmesan cheese
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- olive oil spray

## INSTRUCTIONS

1. Slice the onions 1/4 inch thickness into rings. In a small bowl add the flour and baking powder. In another bowl add the eggs and whisk. And in the last shallow dish add Panko, parmesan cheese, paprika and garlic powder.
2. Dip one onion ring in the flour, then the egg, and lastly in the Panko mixture. Repeat with all of the onion rings.
3. Add the onion rings to the air fryer pot and put in a single layer. Spray the onion rings with the olive oil spray. Cook at 180°C for 8-10 minutes or until golden brown.



# PARMESAN ZUCCHINI CHIPS



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 2 medium sized zucchini sliced
- salt and pepper
- 1 cup flour
- 3 large eggs
- 1 cup Panko
- 1/4 cup parmesan cheese
- 1 tablespoon Italian seasoning

## INSTRUCTIONS

1. Salt and pepper the sliced zucchini. Put the flour in a small bowl. Whisk the eggs in a small bowl, and combine the Panko, parmesan cheese, and Italian seasoning in another small bowl.
2. Dip the zucchini in the flour, then the egg, then lastly in the Panko mixture.
3. Add the zucchini in an even layer in the air fryer pot. Cook at 200°C for 5 minutes, flip, and spray with olive oil. Continue cooking for 5 minutes or until done.



A close-up photograph of a white ceramic bowl filled with golden-brown french fries. The fries are piled high and appear to be freshly fried. In the bottom left corner, a small portion of a dipping sauce is visible in a white container. The background is dark and out of focus. A semi-transparent red rectangular box is overlaid on the top center of the image, containing the word "SNACK" in white, bold, uppercase letters.

**SNACK**



# SPRING ROLLS



Prep Time: 20 Minutes   Cook Time: 12 Minutes   Total Time: 32 Minutes

## INGREDIENTS

- 2 tablespoon vegetable oil
- 1/2 Teaspoon minced garlic
- 1/2 Teaspoon minced ginger
- 1/2 cup finely chopped celery
- 2 cups coleslaw mix
- 1/2 pound ground chicken
- 3 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 1 Teaspoon toasted sesame oil
- 1 tablespoon sriracha
- 1/2 cup chopped green onions
- 12 egg roll wrappers
- olive oil spray

## INSTRUCTIONS

1. Heat oil in a pan and stir fry garlic, ginger, celery till fragrant. Add the coleslaw mix and cook till the cabbage is wilted.
2. Add the ground chicken, oyster sauce, soy sauce, sesame oil and sriracha. Stir fry the chicken while breaking it up for 3-4 minutes. Once the chicken is cooked and there is no liquid left in the pan, stir in the green onions and remove from stove.
3. To wrap the egg rolls, place the egg roll wrapper so that one corner is towards you. Place a tablespoon of filling in the bottom half and wrap that corner over the filling. turn both sides over the wrapper and then continue rolling away from you, till you reach the end. Seal the edges with some water or a beaten egg. Repeat till all the wrappers are made.
4. Spray the pot of the air fryer with olive oil spray. Place the egg rolls in the pot and lightly spray the tops of the egg rolls with the olive oil spray. Cook at 200 C for 6 minutes. Then flip the egg rolls and cook for an additional 6 minutes.



# FROZEN CHIPS



Prep Time: 5 Minutes



Cook Time: 15 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 1 bag frozen french fries
- air-fryer-safe spray oil neutral oil, like avocado or olive
- Salt

## INSTRUCTIONS

1. Preheat air fryer for 200 °C. Spray grill with oil.
2. Spray fries with oil and sprinkle with salt, if desired.
3. Cook for 20-25 minutes, stirring halfway.



# POTATO CHIPS



Prep Time: 5 Minutes



Cook Time: 15 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 2 medium sized russet potatoes
- olive oil spray
- sea salt

## INSTRUCTIONS

1. Using a mandolin thinly slice the potatoes. You can also slice the potatoes by hand, just make sure they are thin. Soak the potatoes in cold water with ice for 15 minutes and then drain. Pat dry with a paper towel.
2. Spray the bottom of your air fryer with the olive oil spray. Lay the potatoes in an even layer in the air fryer so they aren't overlapping. Spray the top with the olive oil spray and then sprinkle with salt.
3. Cook at 180 C for 10-15 minutes. Check your potatoes after 5 minutes and stir every 5 minutes until they are golden brown. Garnish with parsley and sprinkle with more salt if needed.



# SWEET POTATO FRIES



Prep Time: 10 Minutes



Cook Time: 15 Minutes



Total Time: 25 Minutes

## INGREDIENTS

- 1 large sweet potato peeled and cut into 1/4 inch thick sticks.
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon salt

## INSTRUCTIONS

1. Peel the sweet potato. Slice into long strips ¼ inch wide. In a medium size bowl add the sweet potato, olive oil, Italian seasoning, and salt and pepper. Toss to coat.
2. Add the sweet potatoes to the pot of an air fryer in a single layer. Cook at 200 °C for 15 minutes, tossing the fries halfway through.



# BACON



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- slices bacon you needed .

## INSTRUCTIONS

1. Take 5 strips of bacon and place in a single layer in the air fryer pot.
2. Turn air fryer to 180 °C and cook the bacon for 8-10 minutes. Check the bacon at 5 minutes and rearrange if needed. Continue to cook until desired crispiness.
3. Remove the bacon from the air fryer and place it on a paper towel lined plate.



# CALAMARI RINGS



Prep Time: 10 Minutes    Cook Time: 10 Minutes    Total Time: 20 Minutes

## INGREDIENTS

- ½ cup all-purpose flour
- 1 large egg
- ¼ cup milk
- 2 cups panko bread crumbs
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 pound calamari rings, patted dry
- nonstick cooking spray

## INSTRUCTIONS

1. Preheat an air fryer to 200 C .
2. Place flour in a bowl. Whisk egg and milk in a separate bowl. Combine panko, salt, and pepper in a third bowl.
3. Coat calamari rings first in flour, then in egg mixture, and finally in panko mixture.
4. Place rings in the the pot of the air fryer so that none are overlapping. Work in batches if needed. Spray the tops with nonstick cooking spray.
5. Air fry for 4 minutes. Flip rings, spray with nonstick cooking spray, and cook for 3 minutes longer.



# EGGPLANT PIZZA



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 1 medium sized eggplant sliced into ½ slices
- 1/2 cup marinara sauce.
- 1 cup Colby jack or mozerella cheese
- 1/2 cup Pepperoni or favorite toppings
- 1 tablespoon italian seasoning

## INSTRUCTIONS

1. Pat the eggplant with a paper towel to remove excess moisture. Place the eggplant in a single layer in the air fryer and cook at 200 °C for 2 minutes. Then flip the eggplant for 2 minutes and cook.
2. Spread the sauce evenly over the eggplant. Top with cheese and sprinkle with italian seasoning.
3. Cook for 5 more minutes or until the cheese is bubbly and lightly brown on the top.



# BISCUIT MINI PIZZAS



Prep Time: 5 Minutes



Cook Time: 5 Minutes



Total Time: 10 Minutes

## INGREDIENTS

- 1 can regular refrigerated biscuits
- 1/4 cup pizza sauce
- Desired Toppings
- I used mini pepperonis, sliced olives
- 1 cup shredded mozzarella cheese
- olive oil spray

## INSTRUCTIONS

1. Lightly spray the bottom of your air fryer with olive oil spray. Flatten each biscuit in the bottom of your air fryer pot.
2. Spread with 1 tablespoon pizza sauce.
3. Add desired toppings. I used mini pepperonis and sliced olives
4. Sprinkle with Parmesan Cheese.
5. Turn air fryer to 200 °C and bake for 5 minutes or until golden.

## NOTES

If you use grand biscuits, just increase the cooking time to 8-10 minutes and only two will fit in the air fryer.





# PIZZA



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- cornmeal
- 1 pound fresh homemade pizza dough or store bought
- 1/4 cup pizza sauce
- Pepperoni
- 1/2 cup mozzarella cheese shredded
- Italian seasoning

## INSTRUCTIONS

1. Sprinkle cornmeal in the bottom of your air fryer pot. Roll the pizza dough ¼ inch thick and place in the pot of the air fryer. (see note)
2. Spread the pizza sauce 1 inch from the edge. Place pepperoni on top and sprinkle with cheese.
3. Cook at 200 °C for 10-12 minutes.

## NOTES

If you want your dough thicker or a crispier crust, cook for 3 minutes in the air fryer and then add the toppings.  
Putting the toppings under the cheese prevents the toppings from blowing while cooking.





# DESSERTS

# CINNAMON ROLL BREADTWISTS



Prep Time: 25 Minutes



Cook Time: 20 Minutes



Total Time: 45 Minutes

## INGREDIENTS

- ½ cups warm water
- 1 Tbsp. yeast ,
- 1 teaspoon Salt
- 5 tablespoons Butter melted
- 1/3 cup sugar, 2 teaspoons cinnamon
- 4 ounce cream cheese softened
- 3 tablespoons butter softened
- 1 cup powdered sugar, ¼ cup half and half
- 2 Tbsp. sugar
- 3½ cups flour
- 1 teaspoon vanilla

## INSTRUCTIONS

1. Mix warm water, sugar and yeast together, Add flour and salt to blend until smooth and let it raise for 10 minutes. Roll out the dough in a large square on a floured surface. Brush the dough with the melted butter. Combine the sugar and cinnamon in a small bowl. Sprinkle on top of the melted butter.
2. Fold the dough in half. Cut the dough into one inch strips. Twist the one inch strips of dough. Then bake at 200 C for 30 minutes or until golden brown.
3. To make the cream cheese glaze, combine softened cream cheese, softened butter, powdered sugar, and vanilla. Then drizzle on top of the breadtwists.



# DONUTS



Prep Time: 10 Minutes



Cook Time: 5 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- 1 can refrigerated grands biscuits
- Olive Oil Spray
- Cinnamon Sugar:
  - 4 tablespoons Butter melted
  - 1/2 cup sugar
  - 1 tablespoon cinnamon
- Glazed
  - 1 cup powdered sugar
  - 3 tablespoons Milk
  - 1 teaspoon vanilla
  - Optional: Sprinkles

## INSTRUCTIONS

1. Remove the biscuits from the can and place them on a cutting board. Press lightly to flatten.
2. Using a 1 inch biscuit cutter, cut a hole in the center of the dough.
3. Lightly spray the pot of the air fryer with olive oil spray. Place four donuts in a single layer in the pot.
4. Cook at 200 C for 2 minutes on each side or until golden brown. Remove from air fryer.

To make Cinnamon Sugar topping

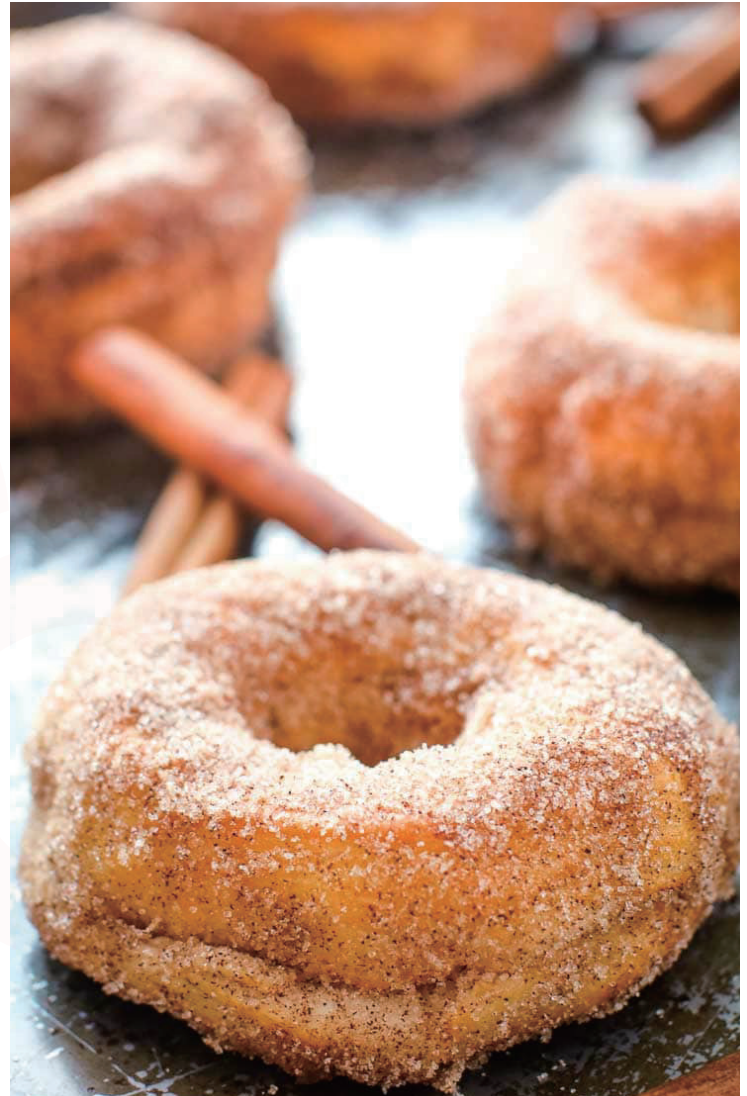
1. In a bowl add the melted butter and in another bowl whisk together the sugar and cinnamon.
2. Brush the donut with the melted butter.
3. Dip in the cinnamon sugar.

To make the glazed topping

In a small bowl whisk together the powdered sugar, milk, and vanilla. Dip the donut into the glazed and top with sprinkles.

## NOTES

If you want the glaze to be thicker like a frosting, use 2 tablespoons milk.



# POP TARTS



Prep Time: 10 Minutes



Cook Time: 10 Minutes



Total Time: 20 Minutes

## INGREDIENTS

- 1 package refrigerated pie crusts
- strawberry jam
- 1/2 cup powdered sugar
- sprinkles: optional
- 2 teaspoons cinnamon.
- 2 tablespoons melted butter
- 1/2 cup powdered sugar
- 2-3 tablespoons milk
- 2-3 tablespoons milk
- 1/2 cup brown sugar
- 1 tablespoon flour
- strawberry jam
- 1 teaspoon cinnamon

## INSTRUCTIONS

1. For the filling: In a small bowl combine the brown sugar, cinnamon, flour, and melted butter. Put two tablespoons on one side of the rectangle. Use your finger with some water and go along the edges of the dough.
2. Add the second rectangle on top and seal the edges with a fork. Poke two holes in the top of the dough.
3. Place in the pot of an air fryer and cook at 200 °C for 10-15 minutes
4. To make the cinnamon icing, Combine the powdered sugar, milk, and cinnamon. Spread on top of cooled pop tart.



# APPLES PIES



Prep Time: 15 Minutes   Cook Time: 10 Minutes   Total Time: 25 Minutes

## INGREDIENTS

- 4 tablespoons butter
- 2 Granny Smith apples diced
- 1 teaspoon cinnamon
- 1/4 cup brown sugar
- 1 teaspoon cornstarch
- 1 tablespoon water
- 2 refrigerated pie crusts
- 1 large egg
- 1 tablespoon water
- 1/2 cup powdered sugar
- 2 tablespoons milk
- coarse sugar

## INSTRUCTIONS

1. In a medium sized saucepan melt the butter over medium high heat. Add in the apples, cinnamon and brown sugar and sauté until tender. In a small bowl mix the cornstarch and water and add it to the sauce pan. Continue to cook until it starts to thicken. Remove from heat.
2. Roll out the pie crusts and cut 4 inch circles using a small round bowl. Place a tablespoon of apple filling to the circle leaving a 1/2 inch edge. Wet the edges of the circle and use another to seal the edges with a fork. Cut three slits into the top of the pies. This tool is amazing too!
3. In a small bowl whisk the egg and water and brush the top of the hand pies. Place the hand pies into the pot of your air fryer. Cook at 200 °C for 8-10 minutes or until golden brown.
4. While the hand pies are cooking in a small bowl add the powdered sugar and milk. Once you remove the hand pies from the air fryer brush with the glaze and sprinkle with sugar.



# MOLTEN LAVA CAKES



Prep Time: 15 Minutes   Cook Time: 15 Minutes   Total Time: 30 Minutes

## INGREDIENTS

- 1.5 tablespoons Self Rising Flour
- 3.5 tablespoons Baker's Sugar (Not Powdered)
- 3.5 OZ Unsalted Butter
- 3.5 OZ Dark Chocolate (Pieces or Chopped)
- 2 Eggs

## INSTRUCTIONS

1. Grease and flour 4 standard air fryersafe ramekins.
2. Melt dark chocolate and butter in a microwave safe bowl on level 7 for 3 minutes, stirring throughout. Remove from microwave and stir until even consistency.
3. Whisk/Beat the eggs and sugar until pale and frothy.
4. Pour melted chocolate mixture into egg mixture. Stir in flour. Use a spatula to combine everything evenly.
5. Fill the ramekins about 3/4 full with cake mixture and bake in preheated air fryer at 200 °C for 10 minutes.
6. Remove from the air fryer and allow to cool in ramekin for 2 minutes. Carefully turn ramekins upside down onto serving plate, tapping the bottom with a butter knife to loosen edges. Cake should release from ramekin with little effort and center should appear dark/goosey. Enjoy warm a-la-mode or with a raspberry drizzle.



# SHORTBREAD



Prep Time: 10 Minutes   Cook Time: 15 Minutes   Total Time: 25 Minutes

## INGREDIENTS

- 250 g Self Raising Flour
- 175 g Butter
- 75 g Caster Sugar

## OPTIONAL INGREDIENTS

- 30 g Cocoa Powder
- Roses Chocolates
- 2 tablespoons Vanilla Essence
- Chocolate Chips

## INSTRUCTIONS

1. Place in a bowl your self raising flour, butter and caster sugar.
2. Rub the butter into the flour until it resembles thick breadcrumbs.
3. Knead until you have a shortbread dough ball and then roll out with your rolling pin.
4. Cut using cookie cutters into your favourite shapes.
5. Cook your shortbread on either your air fryer grill pan or an air fryer baking mat inside your air fryer. Set the temperature to 180 C and the time to 10 minutes.
6. Allow to cool a little before serving.





# BEIGNETS



Prep Time: 15 Minutes   Cook Time: 30 Minutes   Total Time: 45 Minutes

## INGREDIENTS

- 1 cup Whole Earth Sweetener Baking Blend
- 1 teaspoon organic corn starch
- 1 cup full-fat coconut milk from a can
- 3 tablespoons powdered baking blend
- 1 1/2 teaspoons active baking yeast
- 2 tablespoons melted coconut oil
- 2 teaspoons vanilla
- 3 cups unbleached white flour

## INSTRUCTIONS

1. Combine the Whole Earth Baking Blend and corn starch to blend until powdery smooth.
2. Heat the coconut milk until it's warm and then cooling. If it's too hot, you will kill the yeast. Add it to your mixer with the sugar, yeast and the flour to blend until smooth . then Place dough in a bowl and cover with a clean dish towel and let rise for 1 hour. Prepare in advance.
3. Pat out the dough into a rectangle that's about 1/8 inch thick. Cut into 24 squares and let proof for 30 minutes before you cook them. Air fry at 200 C for about 30 minutes



# FRIED BANANAS



Prep Time: 10 Minutes



Cook Time: 20 Minutes



Total Time: 30 Minutes

## INGREDIENTS

- 4 Ripe Bananas
- 2 tablespoons All Purpose Flour (Maida)
- 2 tablespoons Rice flour
- 2 tablespoons Corn flour
- 2 tablespoons Dessicated Coconut
- 1 pinch Salt
- 1/2 teaspoon Baking powder
- 1/2 teaspoon Cardamom Powder (Elaichi) , (optional)
- Oil , to drizzle
- 1/4 cup Rice flour , for coating
- Sesame seeds (Til seeds) , for coating

## INSTRUCTIONS

1. First begin by making the batter for the fried bananas. Into a large bowl, add in the maida, rice flour, corn flour, baking powder, salt, coconut and stir to combine well.
2. Cut banana into half, then slice it half lengthwise.
3. Next grease a foil or a butter paper with oil and dust it with flour. Fit the foil or the butter paper pinching the ends so as to leave a little gap for air circulation.
4. Dip banana slices into the wet batter, then roll the wet batter coated banana slices into the dry rice flour and then onto the sesame seeds. adding sesame seeds to the top.
5. Place the batter dipped bananas into the greased foil or butter paper. Air fry the bananas at 200 °C for about 10-15 minutes, flipping half way through so it gets fried evenly all around.



# PUFFED EGG TARTS



Prep Time: 5 Minutes



Cook Time: 10 Minutes



Total Time: 15 Minutes

## INGREDIENTS

- All-purpose flour
- 1 sheet sheet frozen puff pastry (half a 17.3-oz/490 g package thawed)
- 3/4 Cup shredded cheese (such as Gruyère, Cheddar or Monterey Jack divided)
- 4 eggs
- 1 tbsp fresh parsley or chives minced

## INSTRUCTIONS

1. On a lightly floured surface, unfold pastry sheet. Cut into 4 squares.
2. Place 2 squares in air fryer pot, spacing them apart. Air-fry for 10 minutes or until pastry is light golden brown.
3. Open the lid and take out the pot, using a metal spoon, press down the centers of each square to make an indentation. Sprinkle 3 tbsp (45mL) cheese into each indentation and carefully crack an egg into the center of each pastry.
4. Air-fry for 7 to 11 minutes or until eggs are cooked to desired doneness. Transfer to a wire rack set over waxed paper and let cool for 5 minutes. Sprinkle with half the parsley, if desired.





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