

Nutty, sweet, and exactly what you expect from a coconut macaroon! The texture is crispy on the outside and somewhat sticky and chewy on the inside. The chocolate adds a nice bitterness that cuts through the sweetness. These are so easy to prepare and would make great gifts, plus, they're easy to freeze!

- Prep Time: 15 mins
- Cook Time: 55 mins
- Additional Time: 30 mins
- Total Time: 1 HRS 40 MINS
- Servings: 36
- Yield: 36 macaroons

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## Ingredients

- 1 (14 ounce) package sweetened flaked coconut
- $\frac{2}{3}$  cup sweetened condensed milk
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon vanilla extract
- 2 large egg whites, at room temperature
- 8 ounces bittersweet chocolate, chopped

## Directions

1. Preheat an air fryer to 320 degrees F (160 degrees C) for 10 minutes. Cut a piece of parchment paper to fit the air fryer basket, leaving 1 inch on each side to use as

handles.

2. Mix coconut, condensed milk, salt, and vanilla together in a large bowl.
3. Beat egg whites in a medium bowl with an electric mixer with a whisk attachment on medium-high speed until stiff peaks almost form, about 90 seconds. Fold egg whites into the coconut mixture.
4. Working in batches, spoon level tablespoons of the coconut mixture into rounds and place on the parchment paper, about 6 at a time. Carefully transfer the parchment with coconut rounds into the air fryer basket.
5. Cook until golden brown and set, 9 to 10 minutes. Remove parchment from basket, transfer macaroons to a wire rack, and repeat the process with remaining coconut mixture using the same piece of parchment paper.
6. Microwave chocolate in a medium microwave-safe bowl on high power for 30 seconds, then stir. Continue microwaving and stirring in 30 second increments, until melted and smooth, about 90 seconds total.
7. Dip flat bottoms of macaroons into melted chocolate and transfer to a parchment-lined baking sheet to set. Let rest until chocolate firms, about 30 minutes.

## **Cook's Notes:**

These can be bulked up a bit by adding Rice Krispies(R) or fun festive sprinkles.

You could dip the chocolate in crushed pistachios or another nut for a fun spin.

Air Fryer cooking times will vary a lot depending on your size and style of air fryer. Timing will also vary depending on the type of frozen biscuits you are cooking. Check the biscuits after the first 6 minutes to make sure it's cooked to your preferred texture. After cooking in your specific air fryer, you'll know what time and temp works best for the biscuits.

We suggest cooking them slightly “crisper” or more golden brown on the outside to make sure the biscuits are cooked all the way through.

Cook in only a single layer with space between the biscuits. Cook in batches if needed. For subsequent batches, if your air fryer is already heated, the biscuits may cook a few minutes quicker.

- Prep Time 2 minutes mins
  - Cook Time 22 minutes mins
  - Total Time 24 minutes mins
- 
- Servings: 6 servings

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## Ingredients

- 6 Frozen Grands Biscuits
- oil spray
- butter and/or jam , optional

## Equipment

- Air Fryer
- Oil Sprayer

## Instructions

1. Spray the air fryer basket or racks with oil to keep the biscuits from sticking. *We don't suggest using parchment paper underneath because you want maximum air flow under the biscuits to help them cook all the way though. The parchment paper prevents maximum air flow under the biscuits.*
2. Lay biscuits in single layer of air fryer basket or racks. *Make sure to space them out so they aren't touching & have room to rise & expand. Cook in batches if needed.*
3. Spray the tops of the biscuits to give them a more golden top when they air fry.
4. Air Fry at 330°F/165°C for 10 minutes. Gently wiggle the biscuits to loosen from the baskets. Flip the biscuits over.
5. Continue to Air Fry at 330°F/165°C for another 8-12 minutes, or until golden and cooked through. If they're still slightly doughy in the middle, leave them in the turned-off air fryer for about 2-3 minutes to continue cooking in the residual heat. Serve with butter or jam if desired.

A single serving chocolate cake that cooks in the air fryer. This cake is crispy on the outside and moist and fudgy on the inside. It's a super easy cake that uses boxed cake mix, applesauce, and water. That's it!

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## Ingredients

- 6 tbsp chocolate cake mix

- 2 tbsp unsweetened applesauce
- 1 tbsp water

## Instructions

1. Add all ingredients into an 8 oz mug that is safe for cooking at high heat. Mix with a mini whisk until batter is completely smooth.
2. Place mug into air fryer basket. Close air fryer and set cooking temperature to 350°F. Cook for about 12-13 minutes or until cake is cooked. Remove mug from air fryer and let cake cool a few minutes at room temperature.
3. If desired, top with frosting or chocolate syrup. Eat directly from mug with a spoon once cake is cool enough to eat.

## Notes

- Most standard boxed chocolate cake mixes will work in this recipe. You can choose your favorite brand like Betty Crocker, Pillsbury, Duncan Hines, etc. For this recipe, I used Pillsbury™ Purely Simple® Chocolate Cake.
- At 12 minutes, my cake was mostly cooked but still gooey like a lava cake. At 13 minutes, my cake was fully cooked. Some air fryers run hotter than others so your cooking time may vary slightly.
- This cake is designed to be eaten in the mug it is cooked in, so the cake crumbs are looser than your traditional cake. The crumbs will be very moist and fudgy but the cake will likely fall apart if you try to remove it from the mug.

## Nutrition

Serving: 1cake, Calories: 279kcal, Carbohydrates: 58g, Protein: 3g, Fat: 5g, Saturated Fat: 1g, Sodium: 491mg, Fiber: 3g, Sugar: 31g, NET CARBS: 55

These 3-ingredient banana bread cookies have all the flavors of traditional bread but in a quarter of the time! They're soft, fluffy and so delicious. Chocolate chips or walnuts would be a great add-in!

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## Ingredients

- 1 cup (233 g) mashed bananas
- 1/2 cup (126 g) whole milk vanilla Greek yogurt
- 1 1/4 cups (164 g) self-rising flour see note before starting

## Instructions

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Add mashed bananas and yogurt to a mixing bowl and stir with a spatula until evenly combined.
3. Add the self-rising flour and gently stir together until flour is fully incorporated. If using chocolate chips or other add-ins, stir them in until evenly mixed. Your dough will be very wet.
4. Using a 3 tbsp cookie scoop, scoop dough and release onto the prepared baking sheet, spacing about 1.5 inches to 2 inches apart. The dough should be thick enough that it doesn't spread once it is placed onto the baking sheet. If some of the dough mounds aren't perfectly round circles, you can use the back of the spoon to shape the cookies a little so that they are round. If desired, you can top with more chocolate chips.

5. Bake cookies for 20-22 minutes or until lightly browned on top. Let cookies cool a little before eating.

## Notes

Self-rising flour amount: There are 2 main kinds of self-rising flour sold in the US. One that is a lower protein flour (2 grams per 1/4 cup serving) and one that has a regular amount of protein (3 grams per 1/4 cup). Brands like King Arthur Flour and White Lily make the low protein flour. Brands like Gold Medal\* and Amazon Fresh\* contain a regular protein amount. The amount of protein affects how much liquid is absorbed. For this recipe, I tested it with Amazon Fresh self-rising flour (regular amount of protein). If you have a self-rising flour with low protein, I recommend you make the homemade self-rising flour below for this recipe because otherwise your dough will be too wet.

Homemade self-rising flour: To make your own self-rising flour, add 1 and 1/4 cups all purpose flour, 1 and 7/8 teaspoons baking powder and 5/16 tsp salt to a large mixing bowl. Whisk until evenly combined. Make sure your all purpose flour contains a regular amount of protein (3 grams per 1/4 cup).

Don't have a 1/16 teaspoon? You can also measure these amounts: Combine 1 and 1/2 cups all purpose flour, 2 and 1/4 teaspoons baking powder and 3/8 tsp salt. Whisk until thoroughly and evenly combined. Measure out 1 1/4 cups for the recipe.

Add-ins amount: If you want to mix in chocolate chips, walnuts or other add-ins, I recommend adding 1/2 cup. I used Ghiradelli dark chocolate chips.

Yogurt: Make sure you use Greek yogurt and I highly recommend that it is whole milk Greek yogurt because a nonfat Greek yogurt makes the cookies a little too chewy. You also want to use a sweetened Greek yogurt. You can also use yogurt that isn't Greek as long as it is similarly thick like Greek yogurt. For example, Noosa makes a very thick yogurt that has a similar thickness to Greek yogurt. This recipe will also work with dairy-free yogurts if they have a similar thickness to Greek yogurt.

These cookies are not meant to be super sweet as they are supposed to be a healthier cookie you can even eat for breakfast. The cookies also have a soft and bread-like texture which is why they are called banana bread cookies.

Estimated nutrition is calculated without any optional add-ins.

## Nutrition

Serving: 1 cookie, Calories: 75kcal, Carbohydrates: 16g, Protein: 2g, Fat: 1g, Saturated Fat: 0.3g, Sodium: 162mg, Fiber: 1g, Sugar: 3g, NET CARBS: 15

These easy donuts don't require any yeast, eggs, butter or milk. The donut dough is just 2 ingredients and the donuts taste like banana bread in donut form.

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## Ingredients

- 1/3 cup (88 g) pureed ripe bananas about 1 large banana
- 1/2 cup + 1 tbsp (71.5 g) self-rising flour see note regarding amount of flour needed
- vegetable oil for frying

## Instructions

1. Add 1 inch of oil to your frying pot (I used a medium saucepan). Bring to medium heat



(about 350°F). While the oil is heating up, make your donut dough.

2. Add pureed bananas and flour into a large mixing bowl. Mix with a spatula until flour is just incorporated into the bananas. Do not overmix as it will make your dough too wet. Your dough should be a little sticky.
3. Use a 2 tsp cookie scoop to scoop dough ball. Gently release the dough ball directly into the heated oil. Repeat with remaining dough balls. You can do this in two batches if your saucepan is not big enough. The donuts need to come to the surface so only put in as many donuts as can fit on the surface. Fry the donuts until the bottoms are golden brown, then flip them with tongs and fry a few more minutes until the other side is also golden brown. Remove donuts from oil and place onto a plate lined with paper towel (to soak up excess oil) to cool.
4. After donuts are cool enough to touch, add donut topping of your choice. I added granulated sugar to a ziploc bag and placed the donut holes inside, sealed the bag, and shook the bag until the donuts were covered in sugar. Donuts are best enjoyed within a few hours after they are fried.

## Notes

- Donuts are best enjoyed right away so this recipe only makes a small batch (10 donut holes). You can double or triple the recipe if needed.
- Self-rising flour amount needed: There are 2 main kinds of self-rising flour sold in the US. One that is a lower protein (2 grams per 1/4 cup serving) flour and one that has a regular amount of protein (3 grams per 1/4 cup). Brands like King Arthur Flour and White Lily make the low protein flour. Brands like Gold Medal and Amazon Fresh contain a regular protein amount. The amount of protein affects how much liquid is absorbed. For this recipe, I tested it with White Lily self-rising flour (lower amount of protein).
- If you are using a self-rising flour with a regular amount of protein you will need less flour or more bananas. I recommend starting with 1/3 cup of flour and then adding 1 tbsp more at a time as needed until you have a sticky dough.
- To make your own self-rising flour, add 1 cup all purpose flour, 1 1/2 tsp baking powder and 1/4 tsp salt to a bowl. Whisk to combine. Do not use full amount. Start with 1/3 cup and add 1 tbsp more at a time as needed. Make sure your all purpose flour has a regular amount of protein (3 grams per 1/4 cup). If

- you do not have a 2 tsp cookie scoop, you can use a larger or smaller one, just know your donuts will be bigger or smaller. A 2 tsp cookie scoop will yield donuts that are about the size of regular donut holes. Make sure your cookie scoop has a release mechanism because the dough is sticky and it is the easiest way to release the dough balls into the hot oil.
- If you don't own any cookie scoop, you can use a measuring spoon and a spatula and carefully push the dough ball into the hot oil, but your dough balls may not be as round.
- I share other donut topping recipes under the "Donut Toppings" section of the post above.
- I used this 2 tsp cookie scoop.\*

Nutrition estimate does not include oil absorbed during frying. It is only for the donut dough before it is cooked as it is difficult to determine the amount of oil that is absorbed by the donuts.

## Nutrition

Serving: 1 donut, Calories: 30kcal, Carbohydrates: 7g, Protein: 1g, Fat: 1g, Saturated Fat: 1g, Sodium: 78mg, Fiber: 1g, Sugar: 1g, NET CARBS: 6

Easy Hot Cross Buns using this easy dough from my Bagel Recipe. No yeast, no boiling, no fancy mixer. Bake them in the oven or in the air-fryer!

Prep Time: 10 minutes mins

Cook Time: 25 minutes mins

Total Time: 1 hour hr

Yield: 4 servings

Course: Breakfast, Brunch

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## Ingredients

- 1 cup unbleached all purpose flour, whole wheat or gluten-free mix\* ((5 oz) )
- 2 teaspoons baking powder (make sure it's not expired or it won't rise)
- 2 tablespoons raw sugar
- 3/4 teaspoon cinnamon
- 1/2 teaspoon kosher salt (use less if using table salt)
- 1 cup 0% Greek yogurt (not regular yogurt, it will be too sticky)
- 3 tablespoon raisins
- 1 egg white (beaten (whole egg works fine too))

## Icing (only half will get used)\*:

- 1/4 cup powdered sugar
- 1 teaspoon milk or water

## Instructions

### Oven Method:

- Preheat oven to 375F.
- Place parchment paper or a silpat on a baking sheet. If using parchment paper, spray

with oil to avoid sticking.

- In a medium bowl combine the flour, baking powder, sugar, cinnamon and salt and whisk well.
- Add the yogurt and raisins, mix with a fork or spatula until well combined, it will look like small crumbles.
- Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 10 to 15 turns (it should not leave dough on your hand when you pull away).
- Divide into 8 equal balls. Place on the prepared baking sheet.
- Top with egg wash. Bake on the top rack of the oven for 25 minutes. Let cool at least 30 minutes before icing.

## **For the icing:**

- In a small bowl, whisk the powdered sugar with milk until smooth. Transfer to a small ziplock bag and cut the tip. Ice the tops of the rolls in a cross pattern.

## **Air Fryer Method:**

- Preheat the air fryer 325F degrees and set for 11 to 12 minutes.
- Transfer in batches without overcrowding and bake 11 to 12 minutes, or until golden. No need to turn.
- Let cool at least 30 minutes before icing.

## **Notes**

\*Since only half gets used on top, I deducted half of the sugar from the analysis.

## Nutrition

Serving: 2buns, Calories: 230kcal, Carbohydrates: 46g, Protein: 10.5g, Fat: 0.5g, Sodium: 426 mg, Fiber: 1.5g, Sugar: 16.5g

Get the air fryer out! It's time to try this decadent, big and round Nutella brownie, smothered with flavours of hazelnut and chocolate.

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## Ingredients

- 150g (1 cup) plain flour
- 225g (1 cup) white sugar
- 3 eggs, lightly whisked
- 300g (1 cup) Nutella
- Cocoa powder, to dust (optional)

## Method

- Step 1  
Lightly grease a 20cm round cake pan. Line the base with baking paper.
- Step 2  
Use a balloon whisk to whisk together the flour and sugar in a bowl. Make a well in the

centre. Add the egg and Nutella. Use a large metal spoon to stir until combined. Transfer to the prepared pan and smooth the top.

- Step 3

Preheat the airfryer to 160C. Bake the brownie for 40 minutes or until a skewer inserted in the centre comes out with a few crumbs sticking. Set aside to cool completely.

- Step 4

Dust with cocoa powder, if using, and cut into pieces to serve.

## Nutrition per serving

- Amount per serving
- Energy 1689 kj (404cal)
- Protein 6.0g
- Total Fat 12.9g
- Saturated 4.6g
- Carbohydrate Total 64.8g
- Sugars 49.5g
- Sodium 39.5mg
- Cholesterol 0.1g

All you need to make this tater tot waffle recipe is a bag of frozen tater tots, a waffle iron and nonstick cooking spray. The tots are baked first in the oven, then they hit the waffle iron to make their delicious transformation into a crispy waffle.

You can top these tater tot waffles with whatever you like, from sour cream to cheese to green onions to fresh chives to ketchup. Or sprinkle them with sea salt when they're hot out of the waffle iron and snack away! They're also at home beside scrambled eggs, fried eggs and omelets.

Cuisine: American

Prep Time: 5 minutes  
Cook Time: 30 minutes  
Total Time: 35 minutes  
Servings: 8

### Ingredients

- 28 – 32 ounces (1 bag) frozen tater tots

### Recipe Notes

- To cook the tater tots in your air fryer, preheat to 360 degrees F, then cook the tots in the basket or tray for about 10 minutes. Proceed with next step of cooking in the waffle iron.
- Cover the baking sheet with parchment paper or aluminum foil for easier cleanup.
- Make extra waffles and freeze them for later in a plastic freezer bag.
- While potatoes are gluten-free, not all brands of store-bought tater tots are certified gluten-free. Ore-Ida notes on its website that Ore-Ida brand tater tots are gluten-free.

Here's how to make it:

1. Put the frozen tater tots onto a baking sheet in a single layer. Bake in a preheated 425-degree F oven until hot and crispy, about 18 to 20 minutes.
2. Heat the waffle iron and spray it with nonstick cooking spray. Add a single layer of tots to the waffle make (do not leave any gaps). Close the waffle maker and cook until golden brown and crispy about 4 to 5 minutes. Repeat with remaining tots.

The easiest 3-ingredient air fryer Creme Egg croissant rolls

It only takes 3 ingredients and a few minutes to turn these sweet fondant-centred eggs with their hidden yellow middle into a fun Easter treat. It's as simple as wrapping Creme Eggs in store-bought puff pastry dough and cooking in the air fryer until golden and crispy. I love to make my desserts in the air fryer!

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## Ingredients

- 8 x 40g Cadbury Creme Eggs
- 2 sheets frozen puff pastry, just thawed
- 1 egg, lightly beaten

## Method

### 1. Step 1

Cut each pastry sheet into quarters diagonally. Place a Creme Egg in the centre of each pastry triangle. Roll the pastry around the egg to fully enclose, making sure there are no holes.

### 2. Step 2

Line the inside of an airfryer basket with a sheet of baking paper. Place half the rolls, spaced apart, in the basket. Brush with the egg. Cook at 190C for 10-12 minutes or until golden (see note). Use tongs to carefully transfer rolls to a wire rack to cool slightly. Repeat with the remaining rolls and egg. Serve warm. Watch our step-by-step video below to see how to make these Air fryer Creme Egg croissant rolls.



This easy three-ingredient yogurt cake recipe makes you feel like you're eating cheesecake, but it's way more healthier for you because of the health benefits of yogurt. To make this moist yogurt cake in the air fryer or the oven you will need nonfat vanilla Greek yogurt, eggs and cornstarch. For a sweeter version, grab some granulated sugar, too.

Prep Time: 5 minutes

Cook Time: 20 to 24 minutes (air fryer) or 70 to 75 minutes (conventional oven)

Total Time: 30 minutes 1 hour and 10 minutes

Servings: 4

### Ingredients

- 1 2/3 cups nonfat vanilla Greek yogurt
- 4 large eggs
- 4 tablespoons cornstarch

### Optional

- 1/4 cup granulated sugar

### Recipe Notes

- You can use Greek whole-milk or low-fat yogurt, but the cake is lighter made with non-fat.
- If you have plain Greek yogurt add 1/4 to 1/2 cup granulated sugar and a teaspoon of real vanilla extract.
- This is not a super sweet dessert. The only sugar is from the yogurt, so if you like sweeter treats add the optional sugar.

Here's how to make it:

1. Preheat the air fryer to 320 degrees F or the conventional oven to 350 degrees F. Put a piece of parchment paper into a 6-inch round cake pan or baking dish. Don't worry that it won't stay. Press it into the bottom and the batter will keep it down.
2. In a large bowl add the yogurt and eggs. Mix well. Add granulated sugar, if using, and the cornstarch. Blend all the ingredients together.
3. Scrape the batter into the prepared baking pan.
4. Bake in the preheated air fryer for 20 to 24 minutes or in a conventional oven for 70 to 75 minutes. The top should be a beautiful brown and the batter shouldn't jiggle.
5. Remove to a rack for 30 minutes then place in the fridge to cool completely, 2 hours to overnight.
6. Serve cold with a drizzle of honey or fresh fruit, if you'd like.

#### Nutrition Facts Per Serving

- Calories: 486
- Total Fat: 5g
- Saturated Fat: 1.6g
- Cholesterol: 187mg
- Sodium: 98mg
- Total Carbohydrate: 97g
- Dietary Fiber: 0.9g
- Total Sugars: 5.4g
- Protein: 10g
- Vitamin D: 18mcg
- Calcium: 74mg
- Iron: 1mg
- Potassium: 149mg