

- Prep Time: 10 minutes
 - Cook Time: 8 minutes
 - Total Time: 18 minutes
 - Intensity Level: Easy (Beginner)
 - Servings: 4 Roll-ups
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Ingredients

To make these delicious roll-ups, you will need a handful of simple ingredients. Don't feel restricted by the brands; use what you have on hand.

For the Roll-ups:

- 4 medium Flour Tortillas: (Soft taco or fajita size, about 6-8 inches). You can also use puff pastry or crescent roll dough sheets.
- 2 large Apples: (Honeycrisp, Fuji, or Granny Smith work best). Peeled, cored, and diced into small cubes.
- 3 tablespoons Unsalted Butter: Divided (1 tbsp for the filling, 2 tbsp melted for brushing).
- 3 tablespoons Granulated Sugar: (Plus extra for sprinkling).
- 1 teaspoon Ground Cinnamon: (Plus extra for dusting).
- 1/4 teaspoon Ground Nutmeg: Freshly grated is best, but pre-ground works.
- 1 tablespoon Lemon Juice: To keep the apples from browning and to balance the sweetness.
- 1 teaspoon Cornstarch: This is crucial to thicken the juices so the tortillas don't get soggy.

Optional Add-ins:

- 1/4 cup Chopped Pecans or Walnuts.
 - 1/4 cup Raisins or Dried Cranberries.
 - 1 tablespoon Caramel Sauce (for drizzling).
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Equipment Needed

- Air Fryer: Any model works (Basket or Oven-style).
 - Frying Pan/Skillet: For cooking the apples.
 - Pastry Brush: For applying the butter.
 - Tongs: For flipping the roll-ups.
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Instructions

Step 1: Prepare the Apple Filling (Intensity: Medium)

The key to a great roll-up is the filling. If you put raw apples in, they will remain crunchy while the tortilla burns. We need to soften them first.

1. Peel, core, and dice your apples into small, 1/4-inch cubes. The smaller the cubes, the better they fit into the roll-up.
2. In a small bowl, toss the diced apples with the lemon juice, 3 tablespoons of sugar, cinnamon, and nutmeg.
3. In a medium skillet, melt 1 tablespoon of butter over medium heat.
4. Add the apple mixture to the skillet. Sauté for about 4–5 minutes until the apples begin to soften and release their juices.
5. Sprinkle the cornstarch over the apples and stir constantly for 1 minute. The liquid should turn thick and syrupy. This is your “pie filling.”
6. Remove from heat and transfer the filling to a plate to cool slightly. *Tip: If the filling is piping hot, it will steam the tortillas and make them soggy. Let them cool for 5 minutes.*

Step 2: Assemble the Roll-ups (Intensity: Easy)

Now we build the masterpieces.

1. Lay a tortilla flat on a clean surface.
2. Spoon about 2 tablespoons of the apple mixture onto the lower third of the tortilla. Be careful not to overfill, or they will burst open in the air fryer. Leave about an inch of space on the sides.
3. If you are adding nuts or raisins, sprinkle them on top of the apples now.
4. The Fold: Fold the left and right sides of the tortilla inward over the filling (like a burrito). Then, starting from the bottom, roll the tortilla up tightly. Secure the seam with a toothpick if necessary.

Step 3: The Butter Wash (Intensity: Easy)

This is what gives the roll-up its golden, flaky crunch.

1. Melt the remaining 2 tablespoons of butter in a small bowl.
2. Brush the melted butter generously over the entire outside of each roll-up.
3. Sprinkle a little extra cinnamon sugar mixture over the buttered roll-ups for a crunchy crust.

Step 4: The Air Fry (Intensity: Easy)

This is where the magic happens.

1. Preheat your air fryer to 350°F (175°C) for 3 minutes. (Preheating is vital for the crispiest texture).
2. Lightly spray the air fryer basket with non-stick cooking spray or line it with parchment paper (pierced with holes).
3. Place the roll-ups in the basket. Do not overcrowd. Ensure they are seam-side down. You may need to cook in batches depending on the size of your air fryer.
4. Air fry at 350°F (175°C) for 5 minutes.
5. After 5 minutes, open the basket and flip the roll-ups carefully with tongs. This ensures both sides get crispy.
6. Air fry for another 3 to 4 minutes until they are golden brown and flaky.

Step 5: Cooling and Serving (Intensity: None)

1. Remove the roll-ups from the air fryer. Warning: The filling is like molten lava. Let them cool on a wire rack for at least 3-5 minutes before eating.
2. Serve warm. They are delicious on their own, but even better with a scoop of vanilla ice cream or a drizzle of caramel sauce.

Tips for Success

- The Tortilla Choice: “Soft taco” size is the sweet spot. If you use “burrito” size, you’ll need more filling and a longer cook time. If you use “street taco” size, reduce the time to 4–5 minutes total.
- Sogginess Prevention: Do not skip the cornstarch. If your apples are very juicy, the cornstarch slurry is the barrier between a crispy crust and a soggy mess.
- The Seal: If your roll-ups keep unrolling, use a toothpick to pin them shut. Just remember to remove the toothpick before eating!
- Sweetness Level: If you are using a sweet apple like Honeycrisp, you can reduce the sugar in the filling to 2 tablespoons. If using Granny Smith, stick to 3 or 4.

Nutritional Information

Disclaimer: The nutritional information below is an estimate based on standard ingredients. It will vary depending on the specific brand of tortillas, size of apples, and amount of butter used.

Per Serving (1 Roll-up):

- Calories: 230 kcal
- Total Fat: 9g
- Saturated Fat: 5g
- Trans Fat: 0g
- Cholesterol: 23mg
- Sodium: 310mg
- Total Carbohydrates: 35g
- Dietary Fiber: 2g
- Total Sugars: 14g
- Protein: 3g