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Air Fryer Apple Turnovers

Are you in search of a delectable dessert to whip up in your air fryer? Why not give these apple turnovers a try! Delightfully soft cinnamon-spiced apples enveloped in flaky puff pastry.



Air Fryer Apple Turnovers

Duration:

- PREP TIME: 20 minutes
- COOK TIME: 15 minutes
- TOTAL TIME: 35 minutes

Ingredients

For Stewed Cinnamon Apples

- 2 apples (Pink Lady recommended), peeled and diced
- 1 teaspoon cinnamon
- 1 teaspoon maple syrup
- 2 tablespoons water

For Turnovers

- 1 sheet of frozen puff pastry
- 1 egg, lightly whisked for egg wash

Optional to Serve

- Thickened Cream, whipped

Instructions

- Cook the Stewed Cinnamon Apples as instructed in this post. Once cooked, transfer them to a plate and allow them to cool slightly.
- Remove the puff pastry sheet from the freezer and let it thaw partially. Then, cut the sheet into 4 squares and brush the edges of each square with the beaten egg.
- Spoon the stewed apples into the center of each puff pastry square. Fold the pastry over from corner to corner, forming a triangle shape, and seal the edges together with a fork.
- Brush the tops of each turnover with the beaten egg.
- Preheat the air fryer to 180°C / 350°F. Place two turnovers in the air fryer basket and cook for 15 minutes, or until they turn golden brown. Repeat the process to cook the remaining turnovers.
- Serve the turnovers as they are or accompanied by thickened cream. Enjoy!

Notes

Tips for making Air Fryer Apple Turnovers

- No preheating of the air fryer is necessary for these apple turnovers.
- If your air fryer isn't non-stick, lightly spray the bottom of the basket with cooking spray before adding the turnovers.
- While optional, applying an egg wash will enhance the color and shine of the turnovers.

- If you have a single-basket air fryer, you'll need to cook the turnovers in two batches. However, if you have trays or a trivet attachment, you can cook them all at once.
- Alternatively, you can bake the turnovers in a preheated oven (180°C / 350°F) on a lined baking tray for 15-20 minutes until golden brown.
- Uncooked apple turnovers can be frozen for later baking. This is especially convenient for smaller air fryers, as you can bake two at a time. Bake two now and freeze the remaining two for later use.
- Store any leftovers in an airtight container in the fridge for up to 2 days.

Nutrition Information:

YIELD:4

SERVING SIZE: 1

- Calories: 154
- Total Fat: 8g
 - Saturated Fat: 3g
 - Trans Fat: 0g
 - Unsaturated Fat: 4g
- Cholesterol: 101mg
- Sodium: 57mg
- Carbohydrates: 18g
 - Fiber: 3g
 - Sugar: 11g