Preparation Time: 15 minutes
Cook Time: 8 minutes per batch
Chilling Time: 10 minutes (optional, for firmer piping)
Total Time: Approximately 35–40 minutes
Yield: 12–15 churros (depending on size)
Difficulty: Easy to Moderate

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Ingredients

For the Churros

- ½ cup water

- ½ cup whole milk
- ¼ cup unsalted butter, cut into pieces
- 1 tablespoon granulated sugar
- 1 pinch salt
- 1 cup all-purpose flour
- 2 large eggs
- 1 teaspoon vanilla extract
- Cooking spray (neutral oil, such as canola or avocado)

For the Cinnamon Sugar Coating

- ½ cup granulated sugar
- 1½ teaspoons ground cinnamon

For Serving (Optional)

- Warm chocolate sauce, caramel, or dulce de leche for dipping

Equipment

- Medium saucepan
- Wooden spoon or spatula
- Stand mixer or electric hand mixer (or strong arm and a whisk)
- Piping bag fitted with a large open star tip (½-inch to ¾-inch opening)
- Air fryer (any size; cook in batches as needed)
- Tongs
- Shallow bowl for coating

Instructions

Step 1: Make the Dough Base

In a medium saucepan, combine the water, milk, butter, sugar, and salt. Place over medium heat and bring to a low boil, stirring occasionally, until the butter is fully melted . Once it reaches a gentle boil, remove the pan from the heat and add the flour all at once. Stir vigorously with a wooden spoon until the mixture forms a smooth, thick ball and pulls away from the sides of the pan . If the dough seems loose, return the pan to low heat and stir constantly for another minute or two until it tightens up.

Step 2: Cool and Add Eggs

Transfer the dough to the bowl of a stand mixer (or a large mixing bowl if using a hand mixer). Let it cool for 5–7 minutes, stirring occasionally to release steam . Beat in the vanilla. Then add the eggs one at a time, beating well after each addition and scraping down the sides of the bowl. The dough should become smooth, glossy, and thick enough to hold its shape when piped . If it looks too stiff, beat in a teaspoon of water; if too loose, a tablespoon of flour.

Step 3: Prepare the Piping Bag and Cinnamon Sugar

Fit your piping bag with the large star tip and fill it with the dough, working in batches if necessary. In a shallow bowl, combine the ½ cup sugar and cinnamon for coating; set aside .

Step 4: Preheat and Pipe

Preheat your air fryer to 375°F (190°C) for about 3 minutes. Lightly spray the air fryer basket with cooking spray—do not use parchment paper, as it can fly up and interfere with airflow . Pipe dough directly into the basket in 3- to 4-inch logs, leaving about an inch of space between each . Use scissors to snip the dough cleanly at the tip. Do not overcrowd; you will likely need 2–3 batches.

Step 5: Air Fry

Lightly spray the tops of the churros with cooking spray. Air fry at 375°F (190°C) for 6–8 minutes, or until golden brown and crisp . Cooking time will vary by air fryer model and churro thickness, so check at the 6-minute mark. For a slightly darker, crunchier exterior, you can increase to 400°F (200°C) for the final 2 minutes.

Step 6: Coat and Serve

Working quickly while the churros are still hot, use tongs to roll each one in the cinnamon sugar mixture until evenly coated . Transfer to a wire rack and repeat with the remaining dough. Serve immediately with warm chocolate sauce or caramel for dipping.

Time and Intensity Guide

Phase	Time	Heat/Intensity	Visual Cue
Dough base	3–4 min	Medium heat	Butter melted, gentle boil
Flour incorporation	1–2 min	Off heat (or low)	Dough forms a ball, pulls from pan
Cooling	5–7 min	None	Dough warm but not hot
Egg incorporation	2–3 min	Vigorous beating	Smooth, glossy, pipeable
Preheating air fryer	3 min	375°F (190°C)	—
Air frying	6–8 min	375°F (190°C)	Golden brown, puffed, crisp
Coating	30 sec per batch	Work quickly while hot	Sugar adheres and melts slightly

Nutrition (Estimated per Churro, Based on 15 Churros)

Nutrient	Amount
Calories	~95–110 kcal
Total Fat	~4–5 g
Saturated Fat	~2 g

Nutrient	Amount
Cholesterol	~30 mg
Sodium	~45 mg
Total Carbohydrates	~12–14 g
Sugars	~6–7 g
Protein	~2 g