Air Fryer Puff Pastry

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Air Fryer Puff Pastry

Air fryer puff pastry is an ideal dessert option! Simply place puff pastry in the air fryer and top it with various toppings to create a quick and delightful treat.

INGREDIENTS

- 1 sheet of puff pastry
- 3 tablespoons of milk or 1 egg
- Powdered sugar
- Optional: honey

INSTRUCTIONS

- Allow the puff pastry sheet to thaw as per the package directions. Then, cut it into 6 rectangles.
- Place milk in a small bowl (or crack and beat the egg). Brush onto one side of each puff pastry rectangle.
- Arrange the puff pastry rectangles in a single layer in the air fryer basket, with the milk-coated side facing down (you may need to cook in batches). Brush the top of each pastry with milk or egg.
- Air fry at 350 degrees F for 6-7 minutes. Then, flip the pastries and cook for an additional 3 minutes.
- Plate the pastries and serve with a sprinkle of powdered sugar and a drizzle of honey. Enjoy!

NOTES

- Although you can use a whole sheet of puff pastry for this recipe, it’s also possible to utilize leftovers if you have them available. Sometimes, I opt to use only 2 or 3

rectangles.
- Keep in mind that air fryers vary in cooking times. Monitor closely to ensure your puff pastry achieves a golden brown color without burning.

Please note that the provided nutrition information does not account for powdered sugar or honey.

NUTRITION

Here’s the nutritional breakdown per serving:

- Calories: 229 kcal
- Carbohydrates: 19 g
- Protein: 3 g
- Fat: 16 g
    - Saturated Fat: 4 g
    - Polyunsaturated Fat: 2 g
    - Monounsaturated Fat: 9 g
- Cholesterol: 1 mg
- Sodium: 105 mg
- Potassium: 36 mg
- Fiber: 1 g
- Sugar: 1 g
- Vitamin A: 13 IU
- Calcium: 13 mg
- Iron: 1 mg