

- Prep Time: 5 minutes
- Cook Time: 6 minutes
- Total Time: 11 minutes
- Servings: 8 Twinkies
- Skill Level: Easy
- Cooking Method: Air Frying

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Intensity & Equipment Breakdown

To ensure your homemade Air Fryer Twinkies achieve the ideal balance of a crispy exterior without melting the creamy center into a liquid mess, pay close attention to heat settings and timing.

- Heat Intensity: Medium-High (375°F / 190°C)
 - *Why this intensity matters:* A high temperature is crucial because it rapidly cooks and crisps the outer crescent dough before the delicate white cream inside the Twinkie gets too hot and completely liquefies.
- Air Fryer Fan Speed: Standard / High Speed (Default setting on most basket and oven-style air fryers)
- Essential Equipment:
 - Air Fryer (Basket style or Air Fryer Oven)
 - Parchment paper perforated for air fryers (or light coat of non-stick cooking spray)
 - Tongs (silicone-tipped to avoid tearing dough)
 - Pastry brush (optional, for oil/butter application)

- Sifter or fine-mesh sieve (for dusting powdered sugar)

Ingredients

Main Recipe

- 8 classic Hostess Twinkies (chilled or frozen for best results)
- 1 can (8 oz) refrigerated crescent roll dough (or crescent sheet dough)
- Non-stick cooking spray or 1 tablespoon neutral oil / melted butter for brushing

Optional Toppings & Serving Suggestions

- 2 tablespoons powdered sugar (confectioners' sugar)
- 1/4 cup chocolate syrup or warm chocolate fudge
- 1/4 cup strawberry jam or warm raspberry sauce
- Sprinkles or crushed graham crackers

Step-by-Step Instructions

Step 1: Chill the Twinkies (Pro-Tip Prep)

1. Unbox the 8 Twinkies and unwrap them fully.
2. Place the unwrapped Twinkies on a plate and set them in the freezer for 20 to 30 minutes prior to cooking.
 - *Note:* Freezing the Twinkies solidifies the vanilla cream center slightly, ensuring it stays creamy and intact while the outer shell air fries to a deep golden crisp.

Step 2: Prepare the Dough Wrappings

1. Unroll the refrigerated crescent roll dough onto a flat, clean surface or parchment paper.
2. If using standard crescent triangles, pinch the perforated diagonal seams together firmly to form 4 solid rectangles.
3. Cut each rectangle in half lengthwise to create 8 equal strips/rectangles of dough. (If using a crescent dough sheet, simply cut into 8 equal rectangular portions).

Step 3: Wrap the Twinkies

1. Place one chilled Twinkie in the center of a dough rectangle.
2. Gently stretch and wrap the dough around the Twinkie, encasing it completely.
3. Pinch all open seams tightly together using your fingers. Make sure no part of the yellow sponge cake is exposed; sealing the dough prevents the cream filling from leaking out during air frying.
4. Repeat this process for all 8 Twinkies.

Step 4: Preheat and Prep the Air Fryer

1. Preheat your air fryer to 375°F (190°C) for 3 to 5 minutes.
2. Place a perforated sheet of air fryer parchment paper in the basket, or lightly spray the bottom of the basket with non-stick cooking spray.

Step 5: Air Fry to Perfection

1. Place the wrapped Twinkies into the air fryer basket in a single layer, seam-side down. Leave at least 1 inch of space between each Twinkie to allow proper hot air circulation. Cook in two separate batches of 4 if your air fryer basket is small.
2. Lightly spray the tops of the wrapped dough with non-stick cooking spray (or gently brush with a thin layer of melted butter).

3. Air fry at 375°F (190°C) for 3 to 4 minutes.
4. Using silicone-tipped tongs, carefully flip each Twinkie over.
5. Air fry for an additional 2 to 3 minutes, or until the dough is puffed up, crisp, and deep golden brown on all sides.

Step 6: Cool, Garnish, and Serve

1. Carefully remove the warm Twinkies from the air fryer basket using tongs and transfer them to a wire rack or parchment-lined plate.
2. Let them cool for 2 to 3 minutes. *Caution:* The internal vanilla filling will be extremely hot right out of the air fryer.
3. Dust generously with powdered sugar using a fine-mesh strainer.
4. Drizzle with chocolate sauce, berry syrup, or caramel right before serving.

Expert Chef Tips & Variations

- **Do Not Overcrowd:** Air circulation is key to achieving that authentic deep-fried texture without hot oil. If you crowd the basket, the dough will steam instead of crisping up.
- **Try Different Snack Cakes:** This exact same method works wonderfully with HoHos, Ding

Dongs, Swiss Rolls, or Zebra Cakes.

- Cinnamon Sugar Finish: Lightly brush the warm dough with melted butter immediately after removing from the air fryer, then roll in a bowl filled with cinnamon and granulated sugar.

Storage & Reheating Guidelines

- Storage: Air Fryer Twinkies are best enjoyed fresh and warm within 15 minutes of cooking. If you have leftovers, store them in an airtight container at room temperature for up to 1 day, or in the refrigerator for up to 3 days.
- Reheating: Reheat leftover cooked Twinkies in the air fryer at 350°F (175°C) for 2 minutes until warmed through and re-crisped. Avoid microwave reheating, as it will make the crescent pastry soft and chewy.

Nutritional Information

Nutrition values are estimates calculated per serving (1 wrapped Air Fryer Twinkie, without extra dessert drizzles).

Nutrient	Amount Per Serving
Calories	245 kcal
Total Fat	11g
Saturated Fat	4.5g
Trans Fat	0g
Cholesterol	5mg
Sodium	310mg

Nutrient	Amount Per Serving
Total Carbohydrates	33g
Dietary Fiber	0.5g
Total Sugars	19g
Protein	3g
Calcium	20mg
Iron	1.1mg
Potassium	45mg