

TOP 10 FLAVOR -PACKED **SUPERBOWL** APPETIZERS



**SCORE BIG WITH THESE
IRRESISTIBLE
GAME DAY SNACKS**

AIR FRYER CHEESEBURGER SLIDERS



PREP TIME
10 MINS.



COOK TIME
10 MINS.



SERVINGS
16



There is nothing better for dinner or a quick lunch than a plate of Air Fryer Cheeseburger Sliders.

INSTRUCTIONS



FRY
350 °F | 180 °C

Start by preheating your air fryer to 350°F, air fryer setting.

Then, mix the beef, onion, salt, pepper, egg, breadcrumbs, and Worcestershire sauce in a small bowl.

Then mix, so all of the ingredients are well combined.

Form the mixture into 16 hamburger sliders.

Then place them in the preheated air fryer for 5 minutes, then flip and do another 5 minutes.

Note: The exact time of your burgers will depend on various factors, such as how well done you like them, your air fryer wattage, the air fryer you own, and how thick the burgers are. For best results, check frequently

Then remove the burgers, place them on a slider bun, top with cheese, lettuce, tomato, and other garnishes. Plate, serve & enjoy!

TIP: For best results, use a fatty hamburger ground meat, about 80/20, which will give your Air Fryer Cheeseburger Sliders many flavors.

Per serving. Calories: 186; Fat: 10g; Carbohydrate: 5g Fiber: 0g; Sugar: 1g; Protein: 17g; Cholesterol: 62mg; Sodium: 255mg

INGREDIENTS

- 2 pounds ground beef (80/20)
- 1 tablespoon dried minced onion
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 egg
- ¾ cup breadcrumbs
- 2 tablespoons Worcestershire sauce
- slider buns
- your favorite toppings

AIR FRYER BUFFALO SHRIMP



PREP TIME
25 MINS.



COOK TIME
20 MINS.



SERVINGS
25

Are you looking for a delicious yet healthy meal that can be on the table in 20 minutes or less? Well, then, look no further than this air fryer buffalo shrimp!

INGREDIENTS

- 1 pound shrimp, jumbo easy-peel shrimp (raw, uncooked shrimp)
- $\frac{3}{4}$ cup all-purpose flour
- 2 large eggs
- 1 $\frac{3}{4}$ cup Panko breadcrumbs
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon Italian seasoning
- $\frac{1}{4}$ teaspoon Kosher salt
- $\frac{1}{4}$ teaspoon black pepper

BUFFALO SAUCE:

- $\frac{1}{3}$ cup Frank's Red Hot Sauce
- 1 tablespoon butter, unsalted
- 2 tablespoons honey

INSTRUCTIONS



FRY
370 °F | 190 °C

Thaw one pound of jumbo easy-peel raw shrimp (if frozen). Once the shrimp is thawed, discard the peels and tails. If the shrimp is already raw, remove the peels and tails and discard them. Place the shrimp between two layers of paper towels and pat dry to remove any excess moisture.

In one bowl, add the flour. In the second bowl, add the eggs. Whisk the eggs with a fork or small whisk. Add the panko breadcrumbs, garlic powder, onion powder, Italian seasoning, kosher salt, and black pepper in the third bowl. Stir until combined.

Dip the shrimp (one at a time) first in the flour, ensuring it is completely coated. Next, dip the shrimp in the whisked eggs. Lastly, dip the shrimp in the Panko breadcrumb mixture, ensuring it is entirely coated. Place the shrimp on a large plate or baking sheet. Repeat with the remaining shrimp.

Spray both sides of the breaded shrimp with a safe cooking spray for air fryers, such as a non-aerosol high-heat oil such as avocado, grape seed, or peanut oil. Place as many shrimp as will fit in the air fryer basket without over-

crowding in a single layer. Make sure there is space between each of the shrimp. Cook the shrimp at 370°F with a cooking time of 4 minutes on the first side, then flip and set cook time for another 4 minutes on the other side.

In a medium saucepan, add the butter, and over medium heat, melt the butter, slowly adding the Frank's Red Hot Sauce and honey stir until completely combined. Turn the heat off but leave the sauce on the stove. If the butter starts to solidify, turn the heat on low until it melts again.

Place the cooked shrimp in a large bowl and pour the buffalo sauce over the top. Carefully toss the shrimp in the sauce until coated. Serve the buffalo shrimp immediately.

Per serving. Calories: 62; Fat: 1g; Carbohydrate: 8g Fiber: 0.4g; Sugar: 2g; Protein: 5g; Cholesterol: 45mg; Sodium: 183mg

MINI PIGS IN A BLANKET AIR FRYER



PREP TIME
5 MINS.



COOK TIME
6 MINS.



SERVINGS
16



Do you love an appetizer bursting with flavor? If so, you'll love this Mini Pigs In A Blanket Air Fryer recipe!

INSTRUCTIONS



FRY
375 °F | 190 °C

If using pre-made dough, unroll it and separate it into individual triangles or rectangles. If using homemade dough, roll it out to a thin layer. For mini pigs in the blanket, cut each triangle into two pieces.

Place a cocktail sausage or mini hot dog at the wide end of each piece of dough. If desired, add a small slice of cheese on top of the sausage before wrapping.

Roll the dough around the sausage, starting from the wide end and ending at the point. Make sure the dough is wrapped securely.

Preheat your air fryer to around 375°F (190°C).

Place the wrapped sausages in the air fryer basket in a single layer, leaving space between them for air circulation. In a small bowl, beat the eggs. Using a pastry brush or your fingers, lightly brush each wrapped sausage with the beaten egg. This will help the dough brown nicely during baking.

(Optional) Sprinkle poppy seeds over the egg-washed dough-wrapped sausages. This adds a pleasant visual appeal and a subtle nutty flavor.

Cook the Pigs in a Blanket in the air fryer for about 4-6 minutes or until the dough is golden brown and cooked.

Cut one Pig in a Blanket open to ensure the dough is cooked in the center and is no longer doughy.

Once cooked, remove the Pigs in a Blanket from the air fryer and let them cool slightly before serving.

Per serving. Calories: 93; Fat: 8g; Carbohydrate: 1g Fiber: 0.1g; Sugar: 0.4g; Protein: 4g; Iron: 0.4 mg; Sodium: 295 mg

INGREDIENTS

- 1 pound cocktail sausage, or mini hot dogs
- 1 package crescent roll dough, or puff pastry

EGG WASH:

- 1 large egg
- 2-3 tablespoons water

TOPPINGS (OPTIONAL):

- 1 tablespoon poppy seeds



AIR FRYER CHICKEN CILANTRO EGG ROLLS



PREP TIME
20 MINS.



COOK TIME
7 MINS.



SERVINGS
12

Take advantage of the air fryer's quick cooking time to create a delicious, and healthy, version of this popular dish. The chicken is cooked in the air fryer until crispy, and then it is rolled up with some fresh cilantro and rice noodles in a crispy egg roll wrapper.

INGREDIENTS

- 12 large egg roll wrappers
- 2 cups cooked chicken, shredded
- 1 cup cilantro, washed, dried and diced
- 1 large jalapeno pepper, remove the seeds (optional)
- ½ teaspoon salt
- ½ teaspoon granulated sugar
- ¼ teaspoon black pepper
- 2 cups green cabbage, shredded
- 2 tablespoons dried cranberries, can use fresh
- 3 tablespoons mayonnaise
- 1 tablespoon rice wine vinegar
- 1 large egg
- 1 tablespoon water

INSTRUCTIONS



FRY
350 °F | 180 °C

Mix the shredded chicken, cilantro, jalapeno, salt, sugar, black pepper, shredded cabbage, dried cranberries, mayonnaise, rice wine vinegar, and mix well in a large mixing bowl.

Layout your egg roll wrapper and add about 1/4 cup of mixture into the center of it.

Brush the corners of the egg roll wrappers with water using a pastry brush. Roll your egg roll up, continue until you have used all of your filling up.

Spray your air fryer basket with cooking spray. Place your egg rolls into the air fryer basket and set the time for 5 to 7 minutes at 350°F, air fryer setting. To get them crunchy and golden brown, spray them with cooking spray.

Plate, serve, and enjoy!

Per serving. Calories: 119; Fat: 5g; Carbohydrate: 11g Fiber: 1g; Sugar: 2g; Protein: 8g; Cholesterol: 36mg; Sodium: 220mg

AIR FRYER LOADED POTATO SKINS



PREP TIME
15 MINS.



COOK TIME
45 MINS.



SERVINGS
6



These crispy potato skins are generously filled with gooey cheese, savory bacon, and creamy sour cream, making them a mouthwatering treat for any occasion.

INSTRUCTIONS



FRY
400 °F | 200 °C

Begin by preheating your air fryer to 400°F (200°C) while you prepare the potatoes.

Scrub the potatoes clean and pat them dry with a paper towel. Using a fork, pierce each potato a few times to allow steam to escape during cooking.

Lightly brush the potato skins with olive oil, ensuring they are well-coated. Season the skins with a pinch of salt and black pepper to taste.

Place the prepared potatoes in the preheated air fryer basket.

Air fry for about 30-40 minutes, turning them halfway through, or until the potato skins are crispy and the insides are tender.

While the potatoes are cooking, cook the bacon until crispy in a separate pan or microwave. Once cooked, crumble or chop it into small pieces.

Allow the cooked potatoes to cool slightly, then slice them in half lengthwise. Carefully scoop out most of the potato flesh, leaving about ¼ inch attached to the skins. Save the scooped-out potato for another use (e.g., mashed potatoes).

Sprinkle shredded cheddar cheese inside each potato skin.

Top with the crumbled bacon pieces.

Return the loaded potato skins to the air fryer basket and air fry for an additional 5-7 minutes or until the cheese is melted and bubbly.

Carefully remove the hot potato skins from the air fryer.

Garnish each potato skin with a dollop of sour cream and a sprinkle of chopped fresh chives.

Customize your loaded potato skins by adding optional toppings like diced tomatoes, sliced green onions, or a drizzle of hot sauce.

Serve your Air Fryer Loaded Potato Skins immediately while they are hot and gooey. They make a fantastic appetizer or snack for any occasion.

Per serving. Calories: 455; Fat: 27g; Carbohydrate: 40g Fiber: 3g; Sugar: 2g; Protein: 14g; Cholesterol: 54mg; Sodium: 347mg

INGREDIENTS

- 6 large Russet potatoes
- 2 tablespoons olive oil
- salt and black pepper to taste
- 1 1/2 cups cheddar cheese, shredded
- 1/2 cup sour cream
- 2 tablespoons fresh chives, chopped



AIR FRYER PUFF PASTRY PIZZA



PREP TIME
10 MINS.



COOK TIME
20 MINS.



SERVINGS
8

If you love pizza but are looking for a healthier alternative, look no further than this air fryer puff pastry pizza! Made with just a few simple ingredients, this pizza is light and crispy and will satisfy your cravings without all the guilt. So fire up your air fryer and let's get started!

INGREDIENTS

- 1 puff pastry sheet
- ¼ cup pizza sauce
- 4 ounces shredded mozzarella cheese
- 1 large tomato, sliced
- ¼ cup spinach leaves
- ¼ cup black olives, sliced
- ¼ cup red onions, sliced
- 1/8 cup fresh basil, for garnish

INSTRUCTIONS



FRY
400 °F | 200 °C

Thaw your puff pastry sheet for about 30 to 40 minutes at room temperature.

Preheat the air fryer to 400°F and line the basket or with parchment paper. Roll the puff pastry sheet to the desired length, and flatten out the creases depending on how large your air fryer is. I rolled mine at about 10×14. (Using an Instant Pot Omni Air Fryer).

Use the tip of a knife to score a border about ½ inch from the edge of the puff pastry sheet. Be careful not to cut all the way through. Lightly brush the entire pastry sheet with oil and transfer it to the sheet pan—Air Fry for 7 to 10 min-

utes or until golden brown.

Wash and slice your vegetable toppings. Set aside. Once the puff pastry is done air frying, it will be puffed up. Spread the pizza sauce and spread it evenly within the border.

Top with mozzarella cheese and veggie toppings, then put it in the air fryer for 5 to 8 minutes. Remember not to overcrowd or add too many toppings. Doing so can result in a soggy puff pastry pizza.

Once out of the air fryer, garnish with fresh basil leaves and enjoy fresh!

Per serving. Calories: 226; Fat: 16g; Carbohydrate: 16g Fiber: 1g; Sugar: 1g; Protein: 6g; Cholesterol: 11mg; Sodium: 269mg

AIR FRYER BUFFALO CHICKEN PULL-APART BREAD



PREP TIME
15 MINS.



COOK TIME
5 MINS.



SERVINGS
4



Air Fryer Buffalo Chicken Pull-Apart Bread is an amazing appetizer, or in my case, a speedy lunch! If you are looking for something special to whip up in less than 20 minutes!

INSTRUCTIONS



FRY
400 °F | 200 °C

Spray your basket with olive oil spray, and preheat the air fryer to 400°F, air fryer setting.

Use a sharp knife and make slices into the bread. Being careful not to cut through, I sliced the bread in both directions to get the typical diamond shape pattern seen in most recipes for stuffed bread.

Using your hands, place the shredded mozzarella cheese and shredded BBQ chicken into the slots, then top with the shredded Monterey Jack cheese.

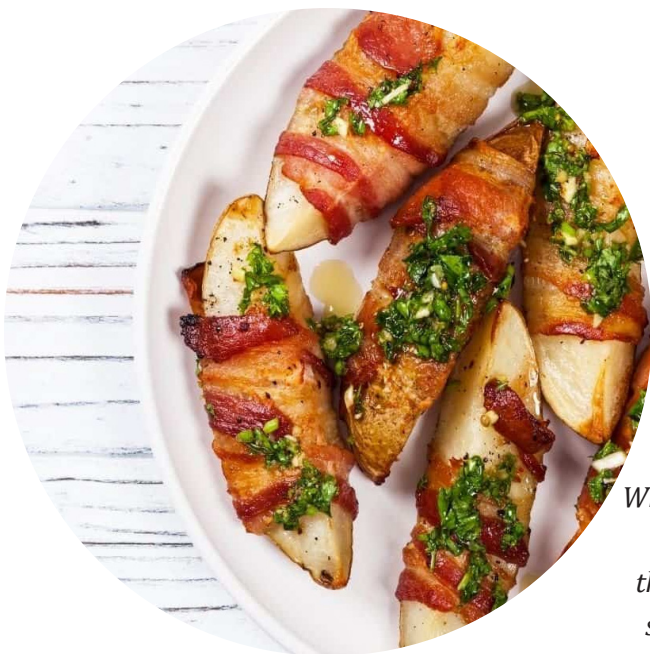
Place the bread into the air fryer basket and set the time for 3-5 minutes, at 400°F. Remove once the cheese is melted. (note if you have an air fryer oven, place it on the lowest shelf)

Sprinkle some crumbled blue cheese and sliced green onions on top.

INGREDIENTS

- 2 cups BBQ chicken, shredded
- 1 cup Monterey Jack cheese, shredded
- 1 cup Mozzarella cheese, shredded
- ½ cup blue cheese, crumbled
- 1 loaf bread
- 2 large green onions, sliced

Per serving. Calories: 836; Fat: 32g; Carbohydrate: 83g Fiber: 7g; Sugar: 11g; Protein: 53g; Iron: 8mg; Sodium: 1398mg



AIR FRYER BACON WRAPPED POTATOES



PREP TIME
10 MINS.



COOK TIME
20 MINS.



SERVINGS
4

Who doesn't love bacon wrapped potatoes? I know I do! And, now that I have an air fryer, making them is even easier. Air frying the bacon wraps the potatoes in a delicious crispy wrapper. And, since the entire dish is cooked in the air fryer, there's no need to preheat the oven or dirty any extra dishes. Enjoy!

INGREDIENTS

- 1 pound Russet potatoes, sliced into quarters
- 1 pound bacon
- 2 tablespoons olive oil
- 1 teaspoon garlic & herb Seasoning, I used Mrs. Dash
- 1 teaspoon salt
- ½ teaspoon black pepper

INSTRUCTIONS



FRY
400 °F | 200 °C

Start by cutting the potatoes into quarters using a sharp knife. You are looking for about 1 to 2-inch pieces.

Add your potatoes, olive oil, Mrs. Dash Seasoning, Salt, and Black Pepper in a large bowl.

Coat the potatoes, and then wrap the bacon around each potato.

Set into the air fryer, spacing them out, set the temperature to 400°F, air fryer setting, and cook for 12 to 15 minutes.

Plate, serve, and enjoy!

TIP: If you are making this in an air fryer oven, place the tray on the very last shelf. This way, the bacon, and the potatoes cook up at the same time.

Per serving. Calories: 158; Fat: 8g; Carbohydrate: 21g Fiber: 3g; Sugar: 1g; Protein: 2g; Cholesterol: 1mg; Sodium: 589mg

AIR FRYER JALAPENO POPPER DIP



PREP TIME
10 MINS.



COOK TIME
7 MINS.



SERVINGS
8



Warm, gooey, and cheesy jalapeno popper dip is always a hit at parties! This air fryer version is so easy to make and even healthier than the oven-baked version. You'll love how crispy the jalapenos get in the air fryer!

INSTRUCTIONS



FRY
330 °F | 165 °C

In a large bowl, add the bacon, cream cheese, mayo, sour cream, garlic powder, onion powder, chili powder, diced jalapeños, and shredded cheese.

Pour the mixture into a small oven-safe dish or small cast iron pan, or baking pan.

Set the dip into the air fryer and cook at 330°F, until the dip is bubbling.

Serve with a garnish of diced scallions, diced jalapeños, and crumbled bacon bits.

INGREDIENTS

- 10 slices bacon, cooked and crumbled
- 8 ounces cream cheese, room temperature
- $\frac{1}{3}$ cup mayonnaise
- $\frac{1}{3}$ cup sour cream
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 2 small jalapeno peppers, diced
- 3 cups Mexican cheese, shredded

TIP: The best part about this dip is that it's not too hot. You can easily add in some jalapeños or cayenne for extra spice if you want something with more heat!

Whenever a recipe calls for softened cream cheese, I leave it out on my counter for about 20 to 30 minutes. The room-temperature cream cheese mixes well with the other ingredients.

Per serving. Calories: 451; Fat: 42g; Carbohydrate: 4g Fiber: 0.3g; Sugar: 2g; Protein: 16g; Iron: 1mg; Cholesterol: 96mg; Sodium: 593mg



AIR FRYER CHICKEN WINGS WITH BAKING POWDER



PREP TIME
10 MINS.



COOK TIME
15 MINS.



SERVINGS
12

Are you ready for the ultimate game day experience? Get your forks and napkins because it's time to invade the kitchen with these crispy air fryer wings!

INGREDIENTS

- 2 pounds chicken wings
- 2 tablespoons baking powder
- 1 teaspoon kosher salt, or sea salt
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon black pepper

INSTRUCTIONS



FRY

400 °F | 200 °C

Preheat the air fryer to 400°F (200°C) for 3-4 minutes. Using a paper towel, dry the chicken wings, removing any excess moisture.

Combine the baking powder, salt, garlic powder, paprika, and black pepper in a small bowl. Mix well. Add the chicken wings to a large bowl and sprinkle the seasoning mixture over them, tossing to coat the wings evenly.

Arrange the chicken wings in a single layer in the air fryer basket, ensuring they are not touching. You may need to cook the wings in batches, depending on the size of your air fryer.

If desired, spray the chicken wings with cooking spray or brush with olive oil. This can help to create an even crispier exterior. Place the air fryer basket in the preheated air fryer and cook the wings for 12-15 minutes, flipping them halfway through the cooking time.

Once the chicken wings are crispy and golden brown, remove them from the air fryer and transfer them to a serving dish. Serve the chicken wings hot, coat y with your favorite BBQ sauce or sauce, or serve with your favorite dipping sauce on the side.

TIP: Make sure to arrange the chicken wings in a single layer in the air fryer basket, leaving space between them for even cooking.

Per serving. Calories: 93; Fat: 7g; Carbohydrate: 1g Fiber: 0.1g; Sugar: 0.02g; Protein: 8g; Cholesterol: 31mg; Sodium: 436mg