



10 OF THE BEST

AIR FRYER APPETIZERS

**EASY & YUMMY
RECIPES
EVERYONE
WILL LOVE!**



AIR FRYER SALT & VINEGAR POTATO CHIPS



PREP TIME
20 MINS.



COOK TIME
8 MINS.



SERVINGS
8

Almost everyone loves a good potato chip. But who wants the extra calories and unhealthy oils that traditional frying methods use? Enter the air fryer. With this trendy appliance, you can make delicious, crispy potato chips with little to no oil – and only a fraction of the calories.

INSTRUCTIONS



FRY
350 °F | 180 °C

Wash and dry your potatoes. If you want you can remove the skin, otherwise slice your potatoes with either a mandoline or a sharp knife.

Place your potato slices into a bowl of cold water, and add the vinegar and seasonings. This will help remove the starch from the potatoes which will help them crisp up.

Drain the potatoes and pat dry them properly, spread them over a paper towel in a single layer, and leave them to air dry for 10 minutes. (The potato slices should be dried completely in order to get crispy and crunchy chips)

Season the potato slices with oil and salt. Line your air fryer basket with parchment paper.

Preheat the air fryer for 5 minutes at 350 degrees F / 180 degrees C. Place the potato slices in the air fryer basket without overcrowding

Cook for 8 minutes until crispy.

TIP: Soaking the potatoes for at least 30 minutes will help remove the starch from the potatoes, which will result in a crispy potato chip. Lay your potatoes after soaking them on paper towels, and allow them to truly dry.

INGREDIENTS

- 3 large potatoes
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 cup water cold
- 2 tablespoons white vinegar

Per serving. Calories: 123; Fat: 2g; Carbohydrate: 24g Fiber: 3g; Sugar: 1g; Protein: 3g; Iron: 1mg; Sodium: 301mg



AIR FRYER SLOPPY JOE BITES



PREP TIME
20 MINS.



COOK TIME
25 MINS.



SERVINGS
24

Air Fryer Sloppy Joe Bites make for such a fun and easy lunch or dinner recipe. My kids love these, and since they only take minutes to make, they are the perfect kid-friendly meal.

INGREDIENTS

- 24 frozen dinner rolls
- 1 lb. ground beef
- ¼ cup ketchup
- 8 oz. can tomato sauce (1 small can)
- ¼ cup bbq sauce
- 1 tbsp worcestershire sauce
- 1 tsp garlic powder
- 1 egg
- 1 tbsp toasted sesame seeds

INSTRUCTIONS



FRY
325 °F | 160 °C

Remove rolls from the package. Allow rolls to thaw for about thirty minutes or until soft enough to cut.

Cut each roll in half. Spray a 24 count mini muffin tin with cooking spray. Place one half-sized roll in each spot of the tin.

Cover the muffin tin with plastic wrap. Allow rolls to rise. Place them in a warm spot for 2 hours or until they double in size. You can also place them in the fridge overnight.

SLOPPY JOE FILLING

Place ground beef in a pan on the stove on medium heat. Add Worcestershire Sauce to ground beef. Cook for about 8-10 minutes. Stirring. Using a spatula, break the ground beef down into tiny pieces as it cooks.

Once the ground beef is well done throughout, it is done. Remove the beef from the stovetop and drain away from the grease. Add the ketchup, tomato sauce, bbq sauce, and garlic powder to the ground beef. Stir well. Set aside.

ASSEMBLING SLOPPY JOE BITES

Preheat the air fryer to 325 degrees F, air fryer setting.

Take a risen roll in your palm or place it on a plate. Stretch it gently so that it gets bigger and flatter. Scoop a little less than a tablespoon of sloppy Joe filling into the middle of the dough.

Use your fingers to bring the dough up on all sides until it meets. Pinch the edges together. Place it in the air fryer basket (pinched side down). Repeat placing each filled roll in the air fryer basket leaving enough room (about an inch) in between so that they don't touch. Depending on the size of your air fryer, you may need to do multiple batches.

Place egg in a bowl and beat for a second with a fork, so the yolk and egg white mix. Using a pastry brush (or a spoon), carefully brush the roll's tops and sides with the egg. Next, add a pinch of toasted sesame seeds to the top of each roll.

Place the basket into the air fryer and cook for 8-10 minutes. They are done when the outside is a golden brown, and the dough is fully cooked on the inside. You can test it by inserting a toothpick or just cutting it into the middle of one.

Allow cooling on a cookie rack for a few minutes before serving. Plate, serve, and enjoy!

Per serving. Calories: 562; Fat: 19g; Carbohydrate: 66g Fiber: 5g; Sugar: 20g; Protein: 3g; Cholesterol: 78mg; Sodium: 1366mg

AIR FRYER BEEF EMPANADAS



PREP TIME
15 MINS.



COOK TIME
8 MINS.



SERVINGS
6



Air Fryer Beef Empanadas are a delicious and easy way to make a classic dish. The Air Fryer helps to crisp the dough and give the beef a nice flavor. The Empanadas can be served with a variety of dipping sauces, such as ketchup, salsa, or guacamole. They are sure to please everyone at your next party or gathering.

INSTRUCTIONS



FRY
350 °F | 180 °C

Preheat a skillet over medium-high heat. Add the ground beef to the hot skillet and brown and crumble. Drain, then place the beef back onto the skillet. Fold in the cheese, and seasonings, and mix well.

Unroll pie crusts onto a wooden cutting board and stack them on top of each other. Use the lid of a mason jar or a biscuit cutter to cut circles into the pie.

Scoop 2 tbsp of the filling onto one side of the pie circle. Fold in half and use a fork to crimp and seal the edges. Brush empanadas with melted butter over the top.

Place the empanadas into the air fryer, and set the temperature to 350 degrees F, and cook for 5 to 8 minutes. Serve warm and enjoy!

TIP: If you have a family, these recipes will be sure to please. The best thing about them is that they're easy and quick to make!

You can freeze it before baking, then just place it into the air fryer and cook it before serving.

Per serving. Calories: 544; Fat: 38g; Carbohydrate: 36g Fiber: 1g; Sugar: 0.1g; Protein: 15g; Iron: 3 mg; Sodium: 820 mg

INGREDIENTS

- 2 pie crusts
- 1 cup cheddar cheese
- ½ pound ground beef
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 1 tablespoon butter melted and unsalted

AIR FRYER FIREBALL GLAZED RIBS



PREP TIME
10 MINS.



COOK TIME
25 MINS.



SERVINGS
4

Air Fryer Fireball Glazed Ribs are amazing! If you have been looking for the perfect Air Fryer Rib Recipe with tons of flavor, this is the recipe for you!

INGREDIENTS

- 1 rack of St. Louis style spare ribs
- 2 tbsp brown sugar
- ½ tsp cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp black pepper
- 1 cup bbq sauce
- 1 tbsp fireball whisky
- ½ tsp liquid smoke

INSTRUCTIONS



FRY

350 °F | 180 °C

First, start by preparing the ribs. To make the ribs more tender and “fall off the bone,” you’ll need to either get rid of the membrane on the back or score it. It’s easier to score it.

To do so, flip the ribs over and make large cuts in the shape of an X across the back.

Preheat the air fryer to 350 degrees F, air fryer setting.

Then, cut the ribs into individual pieces by cutting in between each bone.

Flip the ribs back over and rub the brown sugar, cumin, smoked paprika, garlic powder, salt, and black pepper all over the tops.

Place the ribs in the air fryer basket.

Air fry for 25 minutes, flipping them over halfway through.

While the ribs are cooking, make the Fireball Bbq Glaze: In a medium saucepan, combine the bbq sauce, Fireball Whisky, and liquid smoke. Mix well.

Allow the sauce to come to a boil. Reduce heat and simmer for about 8 minutes.

Remove the ribs from the air fryer. Using a spoon, pour the glaze on top of the ribs.

Plate, serve and enjoy!

Per serving. Calories: 443; Fat: 22g; Carbohydrate: 45g Fiber: 1g; Sugar: 37g; Protein: 16g; Cholesterol: 73mg; Sodium: 1296mg

AIR FRYER HOMEMADE POT STICKERS



PREP TIME
10 MINS.



COOK TIME
15 MINS.



SERVINGS
12



Potstickers are one of those meals that taste delicious while keeping you warm and your belly full. The air fryer makes it easy to cook potstickers at home while keeping them crispy on the outside!

INSTRUCTIONS



FRY
360 °F | 180 °C

Start by preparing the cabbage. Dice the cabbage, and then add about a teaspoon of salt, mix well.

Let sit for about 15 to 20 minutes until some of the moisture is drained out. Use a paper towel to soak up the rest of the water.

In a medium-sized mixing bowl, mix the ground pork, minced garlic, minced ginger, diced mushrooms, diced scallions, hoisin sauce, sriracha, and mix well.

Place the wonton wrapper on a flat surface, and then fill about 1/2 tablespoon to 1 tablespoon filling in the center.

Use your finger and run it along the edge with water, and then fold it up. Repeat until you used all of your filling up.

Preheat your air fryer to 360 degrees F, air fryer setting. Spray your basket with cooking spray, and place your potstickers inside the basket. Set the temperature for 5 minutes, flip, and air fry for another 5-7 minutes.

Plate, serve, and enjoy!

NOTE: For the wontons to crisp up, spray them generously with cooking spray.

Per serving. Calories: 40; Fat: 1g; Carbohydrate: 6g Fiber: 0g; Sugar: 1g; Protein: 3g; Cholesterol: 6mg; Sodium: 154mg

INGREDIENTS

- ¼ pound shredded cabbage
- ½ teaspoon salt
- ¼ pound ground pork, lean
- 1 ounce diced baby Bella mushrooms
- 2 green onions, diced
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger (fresh)
- 1 teaspoon hoisin sauce
- ½ teaspoon Sriracha sauce
- 12 wonton wrappers



AIR FRYER HOMEMADE NUTS & BOLTS



PREP TIME
10 MINS.



COOK TIME
10 MINS.



SERVINGS
20

This easy snack only requires a few ingredients and can be made in minutes. Plus, it's healthier than traditional fried snacks since it uses less oil. Whether you're looking for a quick snack or something to take to a party, this recipe is sure to satisfy your cravings.

INGREDIENTS

- 2 cups corn Chex
- 2 cups wheat Chex
- 2 cups rice Chex
- 2 cups pretzels
- 2 cups Cheerios
- 1 cup nuts

BUTTER SEASONING:

- 10 tablespoon butter unsalted melted
- 3 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon thyme

INSTRUCTIONS



FRY
300 °F | 150 °C

Preheat the air fryer to 300 degrees F.

Prepare a sheet pan with aluminum foil.

Add cereal, pretzels, and peanuts to a large mixing bowl.

Add butter, oil, Worcestershire sauce and seasonings to a separate bowl. Whisk together then pour over cereal mix and toss until well coated.

Line air fryer basket with parchment paper liner.

In batches, spread cereal mixture into air fryer basket. Cook for 9-10 minutes, shaking basket halfway through.

Spread across sheet pan and allow to cool.

Store in an airtight container or freezer bag up to 2 weeks.

TIPS: Snack mix is best stored in a cool, dry place. Avoid storing it in direct sunlight or near a heat source, as this can cause the mix to become soggy or oily.

For optimal freshness, consume your snack mix within two weeks of mixing it up.

Per serving. Calories: 755; Fat: 35g; Carbohydrate: 102g Fiber: 8g; Sugar: 5g; Protein: 15g; Cholesterol: 53mg; Sodium: 1586mg

AIR FRYER HONEY ROASTED ALMONDS



PREP TIME
5 MINS.



COOK TIME
10 MINS.



SERVINGS
4



If you're looking for a healthy and delicious snack, look no further than air fryer honey roasted almonds! These nuts are packed with protein, fiber and healthy fats, and they're insanely tasty. Plus, they're so easy to make – all you need is a few minutes and an air fryer.

INSTRUCTIONS



FRY
350 °F | 180 °C

Preheat your air fryer to 350 degrees Fahrenheit.

In a small bowl, combine the raw almonds, honey, granulated sugar, salt, and black pepper, and toss well to coat.

Transfer the mixture to your air fryer basket, and cook for 10 minutes. Shake the basket halfway through cooking to ensure even cooking.

Enjoy! These honey-roasted almonds are the perfect blend of sweet and salty, and they make a great healthy snack.

TIPS: For a perfectly crispy coating, toss the almonds with a teaspoon of olive oil before adding the honey and spices.

Store any leftovers in an airtight container at room temperature for up to 2 weeks.

INGREDIENTS

- 1 cup raw almonds
- 1 tablespoon honey
- ½ teaspoon sea salt
- 1 teaspoon granulated sugar

Per serving. Calories: 227; Fat: 18g; Carbohydrate: 13g Fiber: 4g; Sugar: 7g; Protein: 8g; Iron: 1mg; Sodium: 291mg

AIR FRYER BACON WRAPPED WATER CHESTNUTS



PREP TIME
10 MINS.



COOK TIME
15 MINS.



SERVINGS
6

If you love bacon-wrapped water chestnuts, you're going to love this air fryer version! Not only does it cook up faster than the oven version, but it's also a lot healthier. Plus, the bacon grease doesn't drip all over the place. Win-win!

INGREDIENTS

- 20 ounces water chestnuts drained
- 16 slices bacon
- 1 cup ketchup
- 1 cup brown sugar
- 1 tablespoon Worcestershire sauce

INSTRUCTIONS



FRY

400 °F | 200 °C

Cut the bacon into thirds and wrap each piece around a water chestnut. Secure with a toothpick.

Preheat your air fryer to 400 degrees F and cook for 8 to 10 minutes.

In a small bowl, add the brown sugar, Worcestershire sauce, and ketchup, and mix well.

Then, remove from the air fryer and coat with the sauce. Return to the air fryer and cook for an additional 3 to 5 minutes, or until the bacon is crisp. Enjoy!

TIP: Cook the bacon-wrapped water chestnuts on a high setting for best results. This will help to crisp up the bacon without overcooking the water chestnuts.

Per serving. Calories: 280; Fat: 3g; Carbohydrate: 66g Fiber: 4g; Sugar: 48g; Protein: 2g; Cholesterol: 3mg; Sodium: 425mg

AIR FRYER TACO-SPICED TORTILLA CHIPS



PREP TIME
5 MINS.



COOK TIME
5 MINS.



SERVINGS
4



If you love tacos as much as I do, you're going to love these Air Fryer Taco-Spiced Tortilla Chips! They are the perfect appetizer or snack for any occasion. They are easy to make and taste delicious! You'll never want to eat regular tortilla chips again!

INSTRUCTIONS



FRY
375 °F | 190 °C

Preheat the air fryer to 375 degrees Fahrenheit.

Cut the tortillas into chip-sized pieces and spread them in a single layer on the air fryer basket.

Sprinkle the chips with the taco seasoning and spray with cooking oil.

Air fry for 5-7 minutes, or until chips are golden brown and crispy.

Serve immediately with salsa or guacamole.

TIP: Tortilla chips should be stored in an airtight container in a cool, dry place. If they are exposed to moisture, they will become soggy and not taste as good.

It is also essential to ensure the container is not too tightly sealed, as this can cause the chips to become stale. If you are not planning on eating the tortilla chips within a few days, it is best to store them in the fridge or freezer.

INGREDIENTS

- 4 large tortillas
- 2 teaspoons taco seasoning

Per serving. Calories: 92; Fat: 2g; Carbohydrate: 15g Fiber: 1g; Sugar: 1g; Protein: 2g; Iron: 1mg; Sodium: 225mg



AIR FRYER MUSHROOMS & THYME GRILLED CHEESE



PREP TIME
10 MINS.



COOK TIME
15 MINS.



SERVINGS
2

Air fryer mushrooms are so easy, and they go great with melted cheese! They're even better when served with some grilled bread slathered in butter.

INGREDIENTS

- 4 slices sourdough bread
- 2 Portobello mushrooms
- 4 slices Provolone cheese
- 4oz Monterey Jack cheese, sliced
- 4-5 tablespoons of butter
- 3 fresh sprigs of thyme
- 2 two green onions
- ½ teaspoon of garlic powder
- ¼ teaspoon red pepper flakes
- ¼ teaspoon black pepper
- ¼ teaspoon salt

INSTRUCTIONS



FRY

400 °F | 200 °C

In an oven-safe dish that will fit in your air fryer, melt 3 tablespoons of butter at 375 degrees F, air fryer setting.

While your butter is melting, thinly slice the portobello mushrooms and cut the white portion of the green onion, about two to three inches from the bottom of your green onions off.

Then thinly chop the green tops. Take the white parts of the green onions, slice off the very end part, then slice lengthwise to make thin slices of the white-green onion.

Once the butter is melted, add in your sliced portobello mushrooms the whites of your green onions, salt, pepper, red pepper flakes, garlic powder, and the three sprigs of thyme. Mix so that the mushrooms are coated in butter, and the thyme is under the mushrooms.

Place the mushroom mixture into the air fryer at 375° for approx. 8 minutes stirring occasionally. The mushrooms are done when they are golden and a little bit crisp.

While the mushrooms are cooking, butter one side of each slice of bread. With the butter side down, add a layer of provolone and a layer of Monterey Jack on top of 2 slices of the bread. Then sprinkle a small amount of the green onions.

Once that mushroom mixture has finished cooking, divide it into two and layer it on top of the cheese and bread.

Place the second layer of green onions, Monterey Jack, and Provolone cheese on top of the mushrooms. Top with a final piece of bread with the buttered side facing up.

Place a toothpick into the sandwich before placing it in the air fryer to prevent the bread from flying off.

Preheat your air fryer to 400°. Then place your sandwiches into the air fryer.

Fry the sandwiches at 400° for 4 to 5 minutes, then carefully flip the sandwiches over and finish for another 3 to 4 minutes until both sides are nice and golden and crisp, and the cheese has fully melted. If after the first 4-5 minutes the cheese does not seem melted enough, or if your bread is browning too quickly, reduce the heat on your AF to 375°.

Serve immediately.

TIP: Any mushrooms should work. Shitake would be wonderful, as would white button mushrooms. Mix and match cheeses, mozzarella, muenster, or pepper jack would be great too!

Per serving. Calories: 1034; Fat: 64g; Carbohydrate: 72g Fiber: 5g; Sugar: 8g; Protein: 44g; Cholesterol: 165mg; Sodium: 2102mg