+70 TASTY RECIPES

IN THE AIR FRYER

Gluten-free, sugar-free and dairy-free

BREAKFAST

SNACKS

PROTEINS

DESSERTS

A complete e-book of practical, beautiful, well-organized recipes

Clear ingredients • numbered steps • one recipe per page

Below are

the 75 recipes

This e-book was designed to deliver a simple, beautiful and professional experience. Each recipe has its own page, with a clear headline, well-organized ingredients and numbered steps to make cooking in the Air Fryer easy.

GLUTEN-FREE • SUGAR-FREE • DAIRY-FREE

Adjust seasonings, portions and times to your Air Fryer model and your individual needs.

RECIPE 001

Breads, Muffins And Breakfast

Almond Minute Bread

INGREDIENTS

- 1 cup almond flour
- 1 egg
- 2 tablespoons water
- 1 teaspoon baking powder
- 1 pinch of salt

METHOD

1. Mix all the ingredients in a bowl with a fork until you have a smooth dough.
2. Shape into a round bun.
3. Place in the Air Fryer preheated to 160°C for 12 minutes until golden.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 002

Breads, Muffins And Breakfast

Wholesome Chicken and Vegetable Muffins

INGREDIENTS

- 1 cup cooked, shredded chicken
- 2 beaten eggs
- 1/4 cup grated carrot
- Chopped zucchini to taste
- Salt, pepper, parsley and chives

METHOD

1. In a bowl, mix the shredded chicken, beaten eggs and chopped vegetables.
2. Season with salt, pepper and the herbs.
3. Divide the batter among silicone molds.
4. Bake in the Air Fryer at 180°C for 15 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 003

Breads, Muffins And Breakfast

Dairy-Free Healthy Garlic Bread

INGREDIENTS

- 3 tablespoons almond flour
- 1 egg
- 1 garlic clove, crushed
- 1 tablespoon olive oil
- 1 teaspoon baking powder
- Salt and oregano

METHOD

1. Beat the egg with the olive oil, crushed garlic, salt and oregano.
2. Fold in the almond flour and finally the baking powder.
3. Place in a small Air Fryer–safe ramekin.
4. Bake at 170°C for 10 to 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 004

Breads, Muffins And Breakfast

Crispy Air Fryer Tapioca Crepe

INGREDIENTS

- 2 tablespoons tapioca starch
- 1 egg
- 1 tablespoon water
- Salt and chia seeds to taste

METHOD

1. Beat the egg well with the tapioca, water, salt and chia.
2. Pour the mixture into a small silicone mold or aluminum container greased with olive oil.
3. Cook in the Air Fryer at 190°C for 8 to 10 minutes until puffed and crispy.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 005

Breads, Muffins And Breakfast

Express Coconut Bun

INGREDIENTS

- 3 tablespoons coconut flour
- 1 egg
- 2 tablespoons coconut milk
- 1 teaspoon erythritol (optional)
- 1 teaspoon baking powder

METHOD

1. Mix the egg, coconut milk and erythritol.
2. Add the coconut flour and stir well. Let it rest for 1 minute to absorb the liquid.
3. Add the baking powder, shape a bun and bake in the Air Fryer at 160°C for 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 006

Spinach and Egg Muffins

INGREDIENTS

- 1 cup finely chopped spinach
- 3 eggs
- 1 tablespoon flaxseed meal
- Salt and nutmeg to taste

METHOD

1. Beat the eggs with the salt, nutmeg and flaxseed meal.
2. Stir in the raw chopped spinach leaves.
3. Pour into silicone molds and bake in the Air Fryer at 180°C for 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 007

Breads, Muffins And Breakfast

Seasoned Oat Toasts

INGREDIENTS

- Slices of homemade gluten-free/dairy-free bread
- 2 tablespoons olive oil
- 1 teaspoon oregano
- 1 pinch of garlic powder
- Salt to taste

METHOD

1. Mix the olive oil, oregano, garlic powder and salt in a small bowl.
2. Brush this mixture on both sides of the bread slices.
3. Arrange the slices in the Air Fryer basket and bake at 200°C for 5 to 7 minutes until golden and crispy.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 008

Wholesome Cornmeal Bread

INGREDIENTS

- 3 tablespoons fine cornmeal
- 1 egg
- 2 tablespoons almond milk
- 1 tablespoon olive oil
- 1 teaspoon baking powder
- Salt to taste

METHOD

1. Mix all the ingredients in a small bowl until you have a thick batter.
2. Pour into a small silicone mold.
3. Bake in the Air Fryer at 170°C for 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 009

Breads, Muffins And Breakfast

Banana Oat Pancake (No Sugar)

INGREDIENTS

- 1 medium ripe banana, mashed
- 1 egg
- 3 tablespoons gluten-free oat flour
- 1 teaspoon ground cinnamon

METHOD

1. Thoroughly mix the mashed banana, egg, oats and cinnamon.
2. Pour into a small silicone mold greased with coconut oil.
3. Bake in the Air Fryer at 180°C for 10 minutes (flip halfway through if you like).

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 010

Chocolate-Chip Mug Muffin

INGREDIENTS

- 1 egg
- 2 tablespoons almond flour
- 1 tablespoon erythritol
- 1 tablespoon coconut milk
- 1 teaspoon chopped dairy-free 70% chocolate
- 1 teaspoon baking powder

METHOD

1. Beat the egg with the coconut milk and erythritol.
2. Add the almond flour, the sugar-free chocolate chips and the baking powder.
3. Place in a ramekin and bake in the Air Fryer at 160°C for 10 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 011

Healthy Sweet Potato Bread

INGREDIENTS

- 1/2 cup cold mashed sweet potato
- 4 tablespoons sweet tapioca starch
- 2 tablespoons sour tapioca starch
- 1 tablespoon olive oil
- Salt to taste

METHOD

1. Mix the sweet potato purée with the olive oil and salt.
2. Add the starches little by little and knead by hand until the dough no longer sticks to your fingers.
3. Shape into balls and bake in the Air Fryer preheated to 180°C for 15 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 012

Breads, Muffins And Breakfast

Low-Carb Burger Bun

INGREDIENTS

- 1 egg
- 3 tablespoons almond flour
- 1 tablespoon golden flaxseed meal
- 1 tablespoon water
- 1 teaspoon baking powder
- Sesame seeds for sprinkling

METHOD

1. Mix the dry ingredients, then add the egg and water. Mix vigorously.
2. Place in a small round mold.
3. Sprinkle sesame seeds on top and bake in the Air Fryer at 170°C for 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 013

Almond and Fine Herb Scones

INGREDIENTS

- 1 cup almond flour
- 1 tablespoon olive oil
- 1 egg
- 1 teaspoon dried fine herbs
- Salt and baking powder to taste

METHOD

1. Mix the flour, herbs, salt and baking powder.
2. Add the egg and olive oil, mixing until you have a heavy, moldable dough.
3. Shape a thick disc and cut into 4 triangles.
4. Place the triangles apart in the basket and bake at 160°C for 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 014

Breads, Muffins And Breakfast

Easy Mock Pita Bread

INGREDIENTS

- 2 tablespoons gluten-free oat flour
- 2 tablespoons water
- 1 pinch of salt
- 1 teaspoon olive oil

METHOD

1. Mix all the ingredients until you have a smooth, heavy batter.
2. Spread in a thin circle on greased parchment paper.
3. Cook in the Air Fryer at 190°C for 6 to 8 minutes until lightly golden and it releases from the paper.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 015

Pumpkin and Sage Muffins

INGREDIENTS

- 1/2 cup kabocha squash purée
- 2 eggs
- 2 tablespoons coconut flour
- 3 sage leaves, finely chopped
- Salt and pepper to taste

METHOD

1. Mix the squash purée with the beaten eggs.
2. Fold in the coconut flour, chopped sage, salt and pepper.
3. Pour into silicone molds and bake in the Air Fryer at 180°C for 15 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 016

Breads, Muffins And Breakfast

Perfect Air Fryer Boiled Eggs

INGREDIENTS

- 2 whole eggs in their shells
- Olive oil, salt and pepper to finish

METHOD

1. Place the whole eggs directly in the Air Fryer basket (no water).
2. Cook at 160°C for 11 minutes (soft yolk) or 13 minutes (hard yolk).
3. Remove, place in cold water to peel, cut in half and season.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 017

Savory Flaxseed Crackers

INGREDIENTS

- 1/2 cup golden flaxseed meal
- 2 tablespoons warm water
- 1 tablespoon sesame seeds
- Salt and smoked paprika

METHOD

1. Mix the flaxseed, sesame, salt and paprika.
2. Add the warm water and mix until it becomes a moldable paste. Let it rest for 5 minutes.
3. Roll out very thin between two sheets of plastic and cut into small squares.
4. Bake in the Air Fryer at 160°C for 10 minutes until dry and crispy.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 018

Wholesome Chickpea Muffins

INGREDIENTS

- 1/2 cup chickpea flour
- 1 egg
- 3 tablespoons water
- 1 tablespoon olive oil
- 1 teaspoon baking powder
- Salt and herbs

METHOD

1. Beat all the liquid ingredients, then add the chickpea flour, salt and herbs.
2. Add the baking powder last.
3. Pour into muffin molds and bake at 170°C for 15 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 019

Bites, Appetizers And Snacks

Healthy Sweet Potato Coxinha

INGREDIENTS

- 1 cup cooked, mashed sweet potato
- 1/2 cup seasoned shredded chicken (filling)
- 2 tablespoons flaxseed meal (for coating)
- Salt to taste

METHOD

1. Flatten portions of the sweet potato dough in your hand, fill with the shredded chicken and close into a teardrop (coxinha) shape.
2. Roll the coxinhas in golden flaxseed meal to coat.
3. Arrange in the Air Fryer basket and bake at 200°C for 15 minutes until golden.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 020

Bites, Appetizers And Snacks

High-Protein Salt Cod Fritters

INGREDIENTS

- 1 cup cooked, flaked salt cod
- 1/2 cup mashed cassava
- 1 small egg
- Olive oil, parsley, chives and salt

METHOD

1. Mix the flaked cod, mashed cassava, egg and herbs until you have a firm mixture.
2. Grease your hands with olive oil and shape the fritters.
3. Place in the Air Fryer basket and bake at 190°C for 15 to 18 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 021

Bites, Appetizers And Snacks

Zucchini Chips with Fine Herbs

INGREDIENTS

- 1 medium zucchini, thinly sliced
- 1 tablespoon olive oil
- Salt, black pepper and oregano to taste

METHOD

1. Pat the zucchini slices very dry with paper towels.
2. Season with the olive oil, salt, pepper and oregano.
3. Place in the Air Fryer basket without overlapping too much. Bake at 160°C for 12–15 minutes, stirring every 4 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 022

Bites, Appetizers And Snacks

Extra-Crispy Cassava Chips

INGREDIENTS

- 1 medium cassava, peeled
- 1 tablespoon olive oil
- Salt and sweet paprika to taste

METHOD

1. Slice the cassava paper-thin (use a mandoline). Soak in cold water for 10 minutes and dry completely.
2. Toss the slices with the olive oil, salt and paprika.
3. Bake in the Air Fryer at 170°C for 15 minutes until golden.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 023

Bites, Appetizers And Snacks

Healthy Chicken Nuggets

INGREDIENTS

- 300g ground or processed chicken breast
- 1 garlic clove, chopped
- 1/2 cup almond flour (for coating)
- Salt, smoked paprika and onion powder

METHOD

1. Season the ground chicken with the garlic, salt, paprika and onion powder. Shape into small squares.
2. Coat each nugget in almond flour, pressing well.
3. Arrange in the basket and bake in the Air Fryer at 200°C for 12 to 15 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 024

Bites, Appetizers And Snacks

Crispy Chickpea Snack

INGREDIENTS

- 1 cup cooked chickpeas, well drained
- 1 tablespoon olive oil
- Salt, cumin, turmeric and hot paprika to taste

METHOD

1. Dry the cooked chickpeas with a clean cloth to remove the loose skins.
2. Toss with the olive oil and all the spices.
3. Cook in the Air Fryer at 200°C for 20 minutes, shaking the basket every 5 minutes until they crackle.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 025

Bites, Appetizers And Snacks

Rosemary Roasted Carrot Sticks

INGREDIENTS

- 2 medium carrots, cut into even sticks
- 1 tablespoon olive oil
- Salt and fresh rosemary sprigs

METHOD

1. Toss the carrot sticks with the olive oil, salt and rosemary.
2. Place in the Air Fryer basket.
3. Bake at 190°C for 15 minutes until the tips are golden and the inside is tender.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 026

Bites, Appetizers And Snacks

Pumpkin and Dried Beef Bites

INGREDIENTS

- 1 cup firm kabocha squash purée
- 1/2 cup dried salted beef, cooked, desalted and shredded
- Finely chopped onion and garlic
- Chopped cilantro and salt

METHOD

1. Sauté the onion, garlic and dried beef. Mix with the squash purée and cilantro.
2. Adjust the salt and shape into balls.
3. Bake in the Air Fryer at 190°C for 15 minutes until a dry crust forms.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 027

Bites, Appetizers And Snacks

Perfect Sweet Potato Chips

INGREDIENTS

- 1 medium sweet potato, washed, skin on
- 1 tablespoon olive oil
- Salt and black pepper

METHOD

1. Slice the sweet potato thinly. Dry very well.
2. Coat the slices in the olive oil and salt.
3. Bake in the Air Fryer at 160°C for 15 minutes, shaking the basket often so they don't burn.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 028

Bites, Appetizers And Snacks

Wholesome Breaded Onion Rings

INGREDIENTS

- 1 large onion, cut into thick rounds (separate the rings)
- 1 beaten egg
- 1/2 cup gluten-free oat flour
- Salt and paprika

METHOD

1. Season the oat flour with salt and paprika.
2. Dip the onion rings in the beaten egg and then in the flour.
3. Carefully place in the Air Fryer basket and bake at 200°C for 10 to 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 029

Bites, Appetizers And Snacks

Lean Beef Kibbeh with Quinoa

INGREDIENTS

- 200g lean ground beef (eye of round)
- 1/2 cup cooked quinoa
- 1/4 cup chopped fresh mint
- 1/2 onion, grated
- Salt and Syrian (allspice) pepper

METHOD

1. In a bowl, knead together the ground beef, cooked quinoa, onion, mint and seasonings.
2. Shape the kibbeh in the traditional form.
3. Place in the Air Fryer basket and bake at 190°C for 15 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 030

Bites, Appetizers And Snacks

Easy Pantry Tuna Patties

INGREDIENTS

- 1 can tuna in water, drained
- 1 egg
- 2 tablespoons almond flour
- Chopped chives and salt

METHOD

1. Mix the tuna, egg, almond flour and chives with a fork until it holds together.
2. Shape into flat patties (like mini burgers).
3. Bake in the Air Fryer at 180°C for 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 031

Bites, Appetizers And Snacks

Crispy Kale Chips

INGREDIENTS

- 1 bunch of collard greens or kale (torn leaves only)
- 1 tablespoon olive oil
- Salt and garlic powder

METHOD

1. Make sure the leaves are 100% dry.
2. Lightly toss with the olive oil, salt and garlic powder using your hands.
3. Bake in the Air Fryer at 140°C for 5 to 8 minutes. Keep an eye on them, as they dry out very quickly!

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 032

Bites, Appetizers And Snacks

Broccoli and Chicken Bites

INGREDIENTS

- 1 cup cooked broccoli, very finely chopped
- 1 cup shredded chicken
- 1 egg
- Salt and pepper

METHOD

1. Mix the broccoli, shredded chicken, egg and seasonings until evenly combined.
2. Shape into small, compact balls.
3. Bake in the Air Fryer at 190°C for 15 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 033

Bites, Appetizers And Snacks

Roasted Cauliflower Popcorn

INGREDIENTS

- 2 cups small raw cauliflower florets
- 1 tablespoon olive oil
- Salt, turmeric and smoked paprika

METHOD

1. Toss the cauliflower florets with the olive oil and spices until nicely yellow.
2. Place in the basket and bake in the Air Fryer at 200°C for 15 minutes, shaking halfway through.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 034

Bites, Appetizers And Snacks

Healthy Tapioca Cubes with Coconut Milk

INGREDIENTS

- 1 cup granulated tapioca
- 1 cup warm coconut milk
- 1/2 teaspoon salt
- 1 tablespoon olive oil

METHOD

1. Mix the granulated tapioca, salt and hot coconut milk until hydrated and firm.
2. Spread in a lined dish and refrigerate for 1 hour. Cut into cubes.
3. Brush the cubes with olive oil and bake in the Air Fryer at 200°C for 15 minutes until puffed and crackly.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 035

Bites, Appetizers And Snacks

Crispy Chicken Wings (Buffalo Wings)

INGREDIENTS

- 500g chicken wing flats (drumettes)
- 1 tablespoon olive oil
- Salt, cayenne pepper and garlic powder to taste

METHOD

1. Season the wings with the olive oil, salt, cayenne and garlic powder.
2. Place in the Air Fryer basket without overlapping.
3. Cook at 200°C for 20 to 25 minutes, turning halfway through, until the skin is very crispy.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 036

Bites, Appetizers And Snacks

Herbed Pumpkin Sticks

INGREDIENTS

- 2 cups kabocha squash cut into sticks, skin on
- 1 tablespoon olive oil
- Salt, pepper and oregano

METHOD

1. Toss the squash sticks with the olive oil and dry seasonings.
2. Bake in the Air Fryer at 190°C for 15 to 18 minutes until tender inside and golden outside.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 037

Bites, Appetizers And Snacks

Low-Carb Mock Pastel

INGREDIENTS

- 1 egg
- 4 tablespoons almond flour
- 1 tablespoon water
- Salt
- Filling: well-drained ground beef

METHOD

1. Mix the flour, egg, water and salt. Roll the dough out thinly between two sheets of plastic.
2. Cut out circles, add the beef filling and seal the edges with a fork.
3. Bake in the Air Fryer at 180°C for 10 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 038

Bites, Appetizers And Snacks

Crispy Flaxseed Fish Strips

INGREDIENTS

- 300g tilapia fillet cut into strips
- Juice of 1/2 lime
- 1/2 cup golden flaxseed meal
- Salt and pepper

METHOD

1. Season the fish with the lime, salt and pepper.
2. Coat the fish strips well in the flaxseed meal.
3. Arrange in the basket and bake at 200°C for 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 039

Main Dishes And Proteins

Oven-Style Lean Beef Meatballs

INGREDIENTS

- 400g lean ground beef (eye of round)
- 1/2 onion, finely chopped
- 2 tablespoons almond flour
- Salt, pepper, parsley and chives

METHOD

1. Mix all the ingredients in a bowl until well combined.
2. Shape into medium balls.
3. Place in the Air Fryer basket and bake at 180°C for 15 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 040

Main Dishes And Proteins

Nut-Crusted Salmon

INGREDIENTS

- 2 skin-on salmon fillets
- 3 tablespoons finely chopped cashews
- 1 tablespoon olive oil
- Salt and black pepper

METHOD

1. Season the salmon fillets with salt, pepper and a drizzle of olive oil.
2. Press the chopped cashews onto the top of the fillets to form a crust.
3. Place in the Air Fryer skin side down and bake at 180°C for 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 041

Main Dishes And Proteins

Oil-Free Bite-Size Fried Chicken

INGREDIENTS

- 500g chicken cut into small pieces
- Juice of 1 lime
- 2 garlic cloves, crushed
- Salt, annatto (colorau) and oregano

METHOD

1. Season the chicken with the lime, garlic, salt, annatto and oregano. Let it marinate for 15 minutes.
2. Place in the Air Fryer basket without crowding too much.
3. Cook at 200°C for 25 minutes, shaking the basket halfway through.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 042

Main Dishes And Proteins

Homemade Flank Steak Burger

INGREDIENTS

- 300g ground flank steak with its natural fat
- Salt and black pepper to taste
- 1 teaspoon olive oil

METHOD

1. Shape two thick patties, just forming the meat without pressing too hard.
2. Season both sides with salt and freshly ground black pepper.
3. Brush the basket with olive oil and cook in the Air Fryer at 200°C for 10 minutes (medium).

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 043

Main Dishes And Proteins

Juicy Pork Ribs

INGREDIENTS

- 500g pork ribs, in pieces
- 2 garlic cloves
- Juice of 1 lime
- Salt, smoked paprika and rosemary

METHOD

1. Season the meat with garlic, lime, salt and paprika. Marinate for 20 minutes.
2. Place the ribs in the Air Fryer.
3. Cook at 180°C for 20 minutes, then increase to 200°C for another 5 minutes to brown.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 044

Main Dishes And Proteins

Spinach-Stuffed Chicken Breast

INGREDIENTS

- 2 whole chicken breasts
- 1 cup sautéed spinach, well drained
- 1 tablespoon olive oil
- Salt and garlic powder

METHOD

1. Make a side cut in the chicken breast to create a pocket. Season with salt and garlic powder.
2. Fill the pocket with the sautéed spinach and close with toothpicks.
3. Bake in the Air Fryer at 180°C for 18 to 20 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 045

Main Dishes And Proteins

Cinnamon and Mint Beef Kofta

INGREDIENTS

- 300g ground beef
- 2 tablespoons chopped mint
- 1/4 teaspoon ground cinnamon
- 1/2 onion, grated
- Salt

METHOD

1. Mix the ground beef with the onion, mint, cinnamon and salt.
2. Shape into long skewers.
3. Cook in the Air Fryer preheated to 190°C for 12 to 15 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 046

Main Dishes And Proteins

Lemon Pepper Tilapia Fillet

INGREDIENTS

- 2 firm tilapia fillets
- 1 tablespoon lemon pepper
- 1 tablespoon olive oil
- Salt to taste

METHOD

1. Pat the fillets dry with paper towels. Brush them with the olive oil.
2. Sprinkle the lemon pepper and a pinch of salt on both sides.
3. Bake in the Air Fryer on a piece of parchment paper at 180°C for 10 to 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 047

Main Dishes And Proteins

Easy Sirloin Steaks with Onions

INGREDIENTS

- 2 thin sirloin steaks
- 1 medium onion, cut into rings
- 1 tablespoon olive oil
- Salt and pepper

METHOD

1. Season the steaks with salt and pepper.
2. Toss the onion with half the olive oil.
3. Place the steaks in the Air Fryer basket, cover with the onion rings and drizzle with the rest of the olive oil.
4. Cook at 200°C for 8 to 10 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 048

Main Dishes And Proteins

Rosemary-Crusted Pork Loin

INGREDIENTS

- 400g pork loin, in thick steaks
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon olive oil
- Salt and garlic

METHOD

1. Season the pork steaks with garlic, salt and olive oil, and rub plenty of rosemary on them.
2. Arrange in the Air Fryer basket.
3. Cook at 180°C for 15 minutes (turn halfway through so they don't dry out).

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 049

Main Dishes And Proteins

Portuguese-Style Roasted Sardines

INGREDIENTS

- 4 whole cleaned sardines
- 1 tablespoon robust olive oil
- Coarse salt to taste
- 1 lemon to serve

METHOD

1. Dry the sardines, brush with plenty of olive oil and sprinkle coarse salt inside and out.
2. Arrange them in the basket.
3. Cook at 190°C for 15 minutes until golden and crispy. Serve with lemon juice.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 050

Main Dishes And Proteins

Cabbage Rolls with Beef

INGREDIENTS

- 4 large cabbage leaves softened in hot water
- 200g seasoned raw ground beef
- Salt and spices

METHOD

1. Place a portion of seasoned ground beef in the center of each cabbage leaf.
2. Fold in the sides and roll up tightly.
3. Brush with olive oil and cook in the Air Fryer at 180°C for 15 to 18 minutes until the meat inside is fully cooked.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 051

Main Dishes And Proteins

Mixed Beef and Vegetable Skewers

INGREDIENTS

- 150g sirloin, cubed
- 1/2 green bell pepper, cubed
- 1/2 onion, cubed
- Salt and pepper
- Toothpicks or cut-down skewers

METHOD

1. Assemble the skewers, alternating cubes of beef, onion and bell pepper.
2. Season with salt and pepper.
3. Cook in the Air Fryer at 200°C for 10 to 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 052

Main Dishes And Proteins

Chicken Thighs with Avocado Mayo

INGREDIENTS

- 2 skinless chicken thighs
- 2 tablespoons homemade avocado mayo
- Salt, garlic and turmeric

METHOD

1. Season the thighs with salt, garlic and turmeric.
2. Brush the avocado mayo all over the meat (it helps keep it moist).
3. Cook in the Air Fryer at 180°C for 22 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 053

Main Dishes And Proteins

Crispy Oven-Style Bacon

INGREDIENTS

- 6 thin slices of good-quality artisanal bacon (no added sugar)

METHOD

1. Lay the bacon slices side by side in the Air Fryer basket.
2. Cook at 190°C for 6 to 8 minutes until nicely golden.
3. Remove and place on paper towels so they get ultra crispy.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 054

Main Dishes And Proteins

Bacon-Wrapped Beef Medallions

INGREDIENTS

- 2 filet mignon or sirloin medallions
- 2 slices of bacon
- Salt and black pepper

METHOD

1. Wrap a slice of bacon around each beef medallion and secure with a toothpick.
2. Season the top and bottom of the meat with salt and pepper.
3. Cook in the Air Fryer at 200°C for 12 minutes for a pink center.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 055

Main Dishes And Proteins

Crisp Dried Beef Strips

INGREDIENTS

- 1 cup dried salted beef, cooked, desalted and coarsely shredded
- 1 tablespoon olive oil

METHOD

1. Toss the shredded dried beef with the olive oil.
2. Spread in the Air Fryer basket and cook at 190°C for 10 minutes, stirring halfway through, until crunchy.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 056

Main Dishes And Proteins

Chicken Gizzard Appetizer

INGREDIENTS

- 300g chicken gizzards, cleaned and pressure-cooked
- 1 tablespoon olive oil
- Salt, garlic and finely chopped red chili

METHOD

1. Toss the cooked, tender gizzards with the olive oil, garlic, salt and chili.
2. Cook in the Air Fryer at 200°C for 12 minutes to brown and crisp the edges.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 057

Main Dishes And Proteins

Stuffed Ground Beef Roll

INGREDIENTS

- 300g ground beef
- 1/2 cup very finely grated carrot
- Salt and spices of your choice

METHOD

1. Season the ground beef. Spread it into a rectangle on a sheet of plastic.
2. Spread the grated carrot on top. Roll it up like a jelly roll, pressing firmly.
3. Remove the plastic, place in the Air Fryer and cook at 180°C for 20 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 058

Main Dishes And Proteins

Express Garlic and Oil Shrimp

INGREDIENTS

- 200g large cleaned shrimp
- 2 garlic cloves, finely chopped
- 1 tablespoon olive oil
- Salt and a few drops of lemon

METHOD

1. Toss the shrimp with the olive oil, garlic and salt.
2. Place in the Air Fryer basket and cook at 200°C for just 6 to 8 minutes. Drizzle with lemon juice when serving.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 059

Easy Chocolate Mug Cake

INGREDIENTS

- 1 egg
- 2 tablespoons coconut milk
- 2 tablespoons almond flour
- 1 tablespoon 100% cocoa powder
- 1 tablespoon erythritol
- 1 teaspoon baking powder

METHOD

1. Mix all the ingredients directly in a suitable ramekin using a fork.
2. Cook in the Air Fryer at 160°C for 9 to 10 minutes until the center is set.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 060

Quick Coconut Almond Cookies

INGREDIENTS

- 1/2 cup almond flour
- 1/4 cup unsweetened shredded coconut
- 1 small egg
- 2 tablespoons xylitol

METHOD

1. Mix the flour, coconut, xylitol and egg, kneading by hand until you have a moldable dough.
2. Form 4 flat cookies.
3. Place on parchment paper in the Air Fryer and bake at 160°C for 10 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 061

Healthy Sugar-Free, Dairy-Free French Toast

INGREDIENTS

- 2 slices of day-old gluten-free/dairy-free bread
- 1/2 cup coconut milk
- 1 tablespoon erythritol
- 1 beaten egg
- Ground cinnamon for dusting

METHOD

1. Sweeten the coconut milk with half the erythritol. Dip the bread slices quickly in this milk and then in the beaten egg.
2. Place in the basket on parchment paper and cook in the Air Fryer at 180°C for 5 minutes per side.
3. Remove and dust with the remaining erythritol mixed with cinnamon.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 062

Special Baked Apple with Cinnamon and Walnuts

INGREDIENTS

- 2 whole apples
- 1 tablespoon erythritol
- 1 teaspoon ground cinnamon
- 2 tablespoons chopped walnuts

METHOD

1. Remove the core of the apples with a knife without piercing the base.
2. Mix the chopped walnuts, erythritol and cinnamon.
3. Fill the center of the apples with this mixture.
4. Place in the Air Fryer basket and bake at 170°C for 15 minutes until tender.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

Wholesome Ramekin Brownie

INGREDIENTS

- 1 egg
- 2 tablespoons sugar-free peanut butter
- 1 tablespoon 100% cocoa
- 1 tablespoon xylitol
- 1 teaspoon chopped dairy-free chocolate

METHOD

1. Mix the egg, peanut butter, cocoa and xylitol until it becomes a thick cream.
2. Scatter the chocolate pieces on top.
3. Bake in the Air Fryer at 170°C for 8 minutes (the center should stay moist).

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 064

Roasted Banana with Peanut Butter

INGREDIENTS

- 2 bananas cut in half lengthwise (with peel)
- 2 tablespoons natural peanut butter
- Ground cinnamon to taste

METHOD

1. Place the banana halves flesh side up directly in the Air Fryer.
2. Cook at 180°C for 10 minutes until the peel darkens and the flesh softens.
3. Remove, spread the peanut butter on top and dust generously with cinnamon.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 065

Express Baked Coconut Cocada in the Air Fryer

INGREDIENTS

- 1 cup moist unsweetened shredded coconut
- 1 egg
- 3 tablespoons coconut milk
- 3 tablespoons erythritol

METHOD

1. Lightly beat the egg with the coconut milk and erythritol.
2. Stir in the shredded coconut until well combined.
3. Pour the mixture into two small molds or ramekins greased with coconut oil.
4. Bake in the Air Fryer at 170°C for 12 to 15 minutes until golden on top.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 066

Blueberry Coconut Flour Muffins

INGREDIENTS

- 1 egg
- 2 tablespoons coconut flour
- 2 tablespoons water or almond milk
- 1 tablespoon xylitol
- 1 teaspoon baking powder
- 10 fresh blueberries

METHOD

1. Mix the egg, almond milk, xylitol and coconut flour. Mix well.
2. Gently fold in the baking powder and blueberries.
3. Divide among silicone molds and bake in the Air Fryer at 160°C for 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 067

Express Apple Crumble

INGREDIENTS

- 1/2 apple, diced
- 1 tablespoon almond flour
- 1 tablespoon gluten-free oat flour
- 1 tablespoon erythritol
- 1 teaspoon solid coconut oil

METHOD

1. Place the diced apple in the bottom of a mini ramekin.
2. Rub the flours, erythritol and coconut oil together with your fingers until crumbly.
3. Cover the apples with the crumble and bake in the Air Fryer at 170°C for 12 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 068

Healthy Mug Lava Cake

INGREDIENTS

- 1 egg
- 1 tablespoon melted coconut oil
- 1 tablespoon 100% cocoa
- 2 tablespoons almond flour
- 1 tablespoon xylitol

METHOD

1. Mix all the ingredients vigorously until it becomes a glossy cream.
2. Pour into a small ramekin dusted with cocoa.
3. Bake in the Air Fryer preheated to 200°C for exactly 5 to 6 minutes. The center should be soft and wobbly.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 069

Baked Mock Brazilian Doughnut Bites

INGREDIENTS

- 1 egg
- 3 tablespoons gluten-free oat flour
- 1 tablespoon coconut milk
- 1 tablespoon erythritol
- 1 teaspoon baking powder
- Extra erythritol and cinnamon

METHOD

1. Mix all the ingredients until you have a firm dough.
2. Drop small spoonfuls of the dough into small silicone molds.
3. Bake in the Air Fryer at 160°C for 8 minutes. Remove and immediately roll in the cinnamon and erythritol.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 070

Spiced Roasted Pears

INGREDIENTS

- 1 firm pear, halved (remove the seeds)
- 1 tablespoon erythritol
- 1 teaspoon ground cinnamon
- 1 pinch of ground cloves

METHOD

1. Arrange the pear halves flesh side up in the basket.
2. Sprinkle the erythritol, cinnamon and cloves on top.
3. Bake in the Air Fryer at 180°C for 15 minutes until golden and tender.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 071

Quick Oat and Cocoa Cookies

INGREDIENTS

- 1/2 cup gluten-free rolled oats
- 2 tablespoons 100% cocoa powder
- 1 very ripe banana, mashed (replaces sugar)

METHOD

1. Mash the banana well and mix with the oats and cocoa until you have a sticky, even dough.
2. Shape into balls and flatten into cookies in the basket on parchment paper.
3. Bake in the Air Fryer at 170°C for 10 minutes.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

Ramekin Pumpkin Sweet

INGREDIENTS

- 1 cup pumpkin, in small cubes
- 2 tablespoons xylitol
- 1 cinnamon stick
- 2 whole cloves

METHOD

1. Place all the ingredients in a large ramekin and cover with aluminum foil.
2. Cook in the Air Fryer at 180°C for 20 minutes. Remove the foil and mash with a fork until it becomes a creamy sweet.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 073

Crispy Sweet Chickpea Snack

INGREDIENTS

- 1 cup cooked chickpeas, very well dried
- 1 teaspoon melted coconut oil
- 1 tablespoon xylitol
- 1 teaspoon ground cinnamon

METHOD

1. Make sure the chickpeas are completely dry.
2. Toss with the coconut oil and cook in the Air Fryer at 200°C for 18 minutes until very crispy.
3. Remove from the hot basket and immediately toss with the xylitol and cinnamon.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 074

Supreme Grilled Pineapple with Mint

INGREDIENTS

- 2 thick slices of pineapple
- 1 teaspoon ground cinnamon
- Finely chopped mint leaves

METHOD

1. Sprinkle ground cinnamon on both sides of the pineapple slices.
2. Place directly in the Air Fryer basket and cook at 200°C for 10 to 12 minutes until caramelized at the edges.
3. Serve sprinkled with fresh mint leaves.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.

RECIPE 075

Roasted Figs with Erythritol

INGREDIENTS

- 4 fresh figs, halved
- 1 tablespoon erythritol
- 1 teaspoon melted coconut oil

METHOD

1. Lightly brush the fig halves with the coconut oil and sprinkle the erythritol on the cut side.
2. Arrange in the Air Fryer basket and cook at 180°C for 10 minutes until softened and lightly caramelized.

AIR FRYER TIP

Preheat and watch it so it browns without drying out.