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Air Fryer

Breakfast

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Air Fryer French Toast

Feel Good Foodie

 4 servings

 10 minutes

INGREDIENTS

3 large eggs

½ cup milk

1 teaspoon vanilla extract

½ teaspoon cinnamon

Pinch salt

8 slices brioche bread



INSTRUCTIONS

1. Preheat the air fryer 375°F and line the air fryer with parchment paper if needed.
2. In a large shallow bowl, whisk together the eggs, milk, vanilla, cinnamon and a pinch of salt.
3. Dip each piece of bread into the egg mixture and then flip it over to coat both sides. Place the french toast sticks in the air fryer and repeat with as many pieces as will fit in the air fryer at once, about 8-12 pieces.
4. Cook for 5-6 minutes, or until the french toast is golden brown and puffed.
5. Serve the french toast sticks warm with maple syrup and powdered sugar, if desired

NUTRITIONAL INFORMATION

Calories 374

Fat 10g

Protein 15g

Sugars 4g

Carbohydrates: 53g

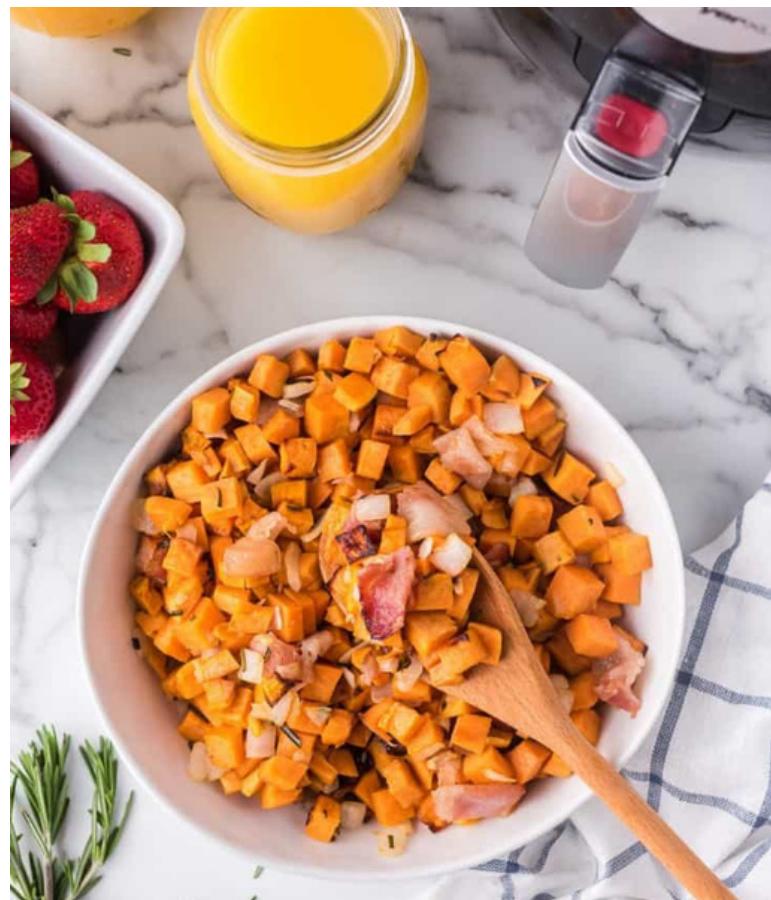
Air Fryer Sweet Potato & Bacon Hash

Rachel Cooks

 4 servings  20 minutes

INGREDIENTS

4 strips of bacon, diced
2 tablespoon dark brown sugar
2 sweet potatoes, cut into 1/2-inch cubes (approximately 3 cups)
1/2 cup diced yellow onion
2 tablespoons olive oil
1 tablespoon fresh rosemary, chopped (or 1 teaspoon dried rosemary)
1/4 teaspoon kosher salt
1/4 teaspoon coarse ground black pepper



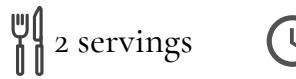
INSTRUCTIONS

1. Preheat air fryer to 400°F.
2. In a small bowl, sprinkle diced bacon with brown sugar, mix to coat, and set aside.
3. In a larger mixing bowl, combine diced sweet potatoes, onion, olive oil, rosemary, salt, and pepper. Stir until potatoes are well coated.
4. Add mixture to preheated air fryer and cook for 8 minutes.
5. Open basket, stir mixture, and add brown sugar-coated bacon to the hash (just sprinkle it on top). Return to the air fryer and cook for 6 minutes.
6. Stir again and cook for an additional 6 to 7 minutes, or until the potatoes are lightly crispy on the outside and soft on the inside, and the bacon is crispy and cooked all the way through.

NUTRITIONAL INFORMATION
Calories 199
Fat 11g
Protein 5g
Sugars 10g
Carbohydrates: 20g

Air Fryer Ham & Egg Pockets

Taste of Home



⌚ 25 minutes

INGREDIENTS

- 1 large egg
- 2 teaspoons 2% milk
- 2 teaspoons butter
- 1 ounce thinly sliced deli ham, chopped
- 2 tablespoons shredded cheddar cheese
- 1 tube (4 ounces) refrigerated crescent rolls



INSTRUCTIONS

1. Preheat air fryer to 300°. In a small bowl, combine egg and milk. In a small skillet, heat butter until hot. Add egg mixture; cook and stir over medium heat until eggs are completely set. Remove from the heat. Fold in ham and cheese.
2. Separate crescent dough into 2 rectangles. Seal perforations; spoon half the filling down the center of each rectangle. Fold dough over filling; pinch to seal. Place in a single layer on greased tray in air-fryer basket. Cook until golden brown, 8-10 minutes.

NUTRITIONAL INFORMATION

Calories 326
Fat 20g
Protein 12g
Sugars 6g
Carbohydrates: 25g

Air Fryer Potato Pancakes

Temecula Blog

 6 servings  20 minutes

INGREDIENTS

2 c mashed potatoes
1 c cheddar cheese
2 green onions diced
1 egg
1/2 c all purpose flour
1 pinch salt and pepper to taste



INSTRUCTIONS

1. In a bowl mix all ingredients together. Preheat air fryer to 380 degrees F for 5 minutes. Lay a small piece of non stick aluminum foil in your air fryer basket, or spray foil with olive oil spray.
2. Make patties that use about 1/4 c. of your mixture. Lay on foil without overlapping patties.
3. Cook for 8 minutes, then flip patties over and cook an additional 5-8 minutes or until the outsides are as crispy as you'd like.
4. Top with sour cream, salt and pepper and diced chives.

NUTRITIONAL INFORMATION
Calories 196
Fat 7g
Protein 8g
Sugars 1g
Carbohydrates: 25g

Air-Fried Breakfast Bombs

Two Peas & Their Pod

 2 servings  25 minutes

INGREDIENTS

3 center-cut bacon slices

3 large eggs, lightly beaten

1 ounce 1/3-less-fat cream cheese, softened

1 tablespoon chopped fresh chives

4 ounces fresh prepared whole-wheat pizza dough

Cooking spray



INSTRUCTIONS

1. Cook bacon in a medium skillet over medium until very crisp, about 10 minutes. Remove bacon from pan; crumble. Add eggs to bacon drippings in pan; cook, stirring often, until almost set but still loose, about 1 minute. Transfer eggs to a bowl; stir in cream cheese, chives, and crumbled bacon.
2. Divide dough into 4 equal pieces. Roll each piece on a lightly floured surface into a 5-inch circle. Place one-fourth of egg mixture in center of each dough circle. Brush outside edge of dough with water; wrap dough around egg mixture to form a purse, pinching together dough at the seams.
3. Place dough purses in single layer in air fryer basket; coat well with cooking spray. Cook at 350°F until golden brown, 5 to 6 minutes, checking after 4 minutes.

NUTRITIONAL INFORMATION

Calories 305

Fat 15g

Protein 19g

Sugars 1g

Carbohydrates: 26g