Air Fryer Buffalo Cauliflower

AIR FRYER BUFFALO CAULIFLOWER BITES WITH NO BREADING ARE EASY TO MAKE FOR A HEALTHY SNACK OR APPETIZER! THESE HEALTHY CAULIFLOWER BITES ARE KETO-FRIENDLY AND PERFECT FOR GAME DAY SNACKS! (4 SERVINGS)



HEALTHY

PREP TIME 7 MINUTES **COOK TIME** 15 MINUTES **TOTAL TIME** 22 MINUTES

Ingredients:

1 BAG OF FROZEN CAULIFLOWER FLORETS OLIVE OIL SALT & PEPPER BUFFALO SAUCE - MILD OR HOT (CAN THIN WITH RICE VINEGAR IF TOO THICK) RANCH SEASONING (DRY POWDER PACKET)

Instructions:

1. **SEASON THE CAULIFLOWER.** DRIZZLE THE CAULIFLOWER WITH OLIVE OIL. SEASON THE CAULIFLOWER WITH SALT AND PEPPER.

2. **Make the Ranch Buffalo Sauce.** MIX 1/2 packet ranch seasoning with 1/2 cup Buffalo wing sauce and set aside. Thin the sauce with a little rice vinegar if Desired.

 COOK CAULIFLOWER. COOK CAULIFLOWER IN ONE OR TWO BATCHES (DEPENDING ON THE SIZE OF YOUR AIR FRYER) AT 380F FOR 1-15 MINUTES, TURNING AT HALFWAY POINT.
SAUCE THOSE BITES! GENTLY TOSS THE CAULIFLOWER BITES WITH THE SAUCE. SERVE HOT WITH RANCH ON THE SIDE IF DESIRED.

SHARED AND ADAPTED FROM PINTEREST: MAMA FIT LINDSEY

Y Air Fryer Chick-Fil-A Grilled Nuggets

HERE IS A CHICKEN NUGGETS RECIPE THAT IS SUPER EASY TO MAKE, HIGH PROTEIN, AND PERFECT FOR MEAL PREP. ALL THE GOOD TASTE OF GRILLED CHICK-FIL-A NUGGETS! (4 SERVINGS)



PREP TIME 35-60 MINUTES **COOK TIME** 15 MINUTES **TOTAL TIME 75** MINUTES

Ingredients:

1 LB CHICKEN BREAST - CUT INTO BITE-SIZE PIECES 1/2 C (120ML) PICKLE JUICE 1/4 C (60ML) SKIM MILK 2 TSP POWDERED SUGAR 1/2 TSP KOSHER SALT 1/2 TSP BLACK PEPPER 1/2 TSP BLACK PEPPER 1/2 TSP GARLIC POWDER 1/4 TSP SMOKED PAPRIKA



Instructions:

1. **CUT UP CHICKEN.** CUT UP CHICKEN INTO BITE-SIZE PIECES.

2. **MIX UP BASTE/BASTE THE CHICKEN.** MIX PICKLE JUICE AND MILK TO FORM A BASTE. MIX WITH CHICKEN AND BASTE FOR 30-60 MINUTES.

3. **SEASON THE CHICKEN.** USE THE REMAINDER OF THE INGREDIENTS (SEASONINGS TO COAT THE CHICKEN).

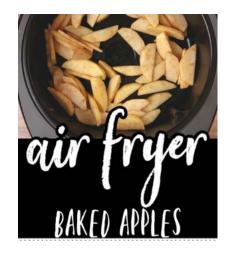
4. **PLACE IN THE AIR FRYER.** COOK AT 350 DEGREES FOR 8-15 MINUTES (UNTIL CORE TEMPERATURE IS 165 DEGREES).

SHARED AND ADAPTED FROM PINTEREST: KINDA HEALTHY RECIPES - M. WOODRUFF

1 SERVING = 135 CALORIES (27 G PROTEIN, 2 G CARB, 1 G FAT)

Air Fryer Apples

THESE BAKED APPLE SLICES ARE A HEARTY RECIPE THAT CAN BE QUICKLY MADE. WHETHER YOU'RE COOKING FOR YOURSELF OR YOUR FAMILY, THESE ARE A COMFORT FOOD FAVORITE. (1-4 SERVINGS - DEPENDING ON # OF APPLES USED)



PREP TIME 5-10 MINUTES **COOK TIME** 7 MINUTES **TOTAL TIME** 12-17 MINUTES

Ingredients:

APPLES (ANY TYPE: PEELED, CORED, AND SLICED) SPICE: CINNAMON, PUMPKIN PIE SPICE, OR YOUR FAVORITE HONEY

DESSERT **OR SNACK**

Instructions:

1.**PEEL AND CUT YOUR APPLES.** PEEL THE SKIN OFF THE APPLES, AND CUT THEM INTO SLICES. (1 MEDIUM APPLE PER SERVING)

2. **ADD SPICES** TO A LARGE BOWL, COMBINE APPLES AND YOUR DESIRED SPICES UNTIL THEY COVER ALL THE APPLES.

3. **Add Honey** Pour the Honey over the Apples and Mix Until the Apples are Lightly Coated (1.5 TSP PER Serving)

4. **ADD TO THE AIR FRYER**. POUR THE APPLES INTO THE AIR FRYER BASKET AND SPREAD THE APPLES AROUND SO THEY'RE IN A SINGLE LAYER. COOKPOWER ON AND COOK FOR 7 MINUTES ON 350-400.

5. **SERVE!** TURN THE AIR FRYER OFF AND SERVE. APPLES SHOULD BE SOFT AND SWEET.

SHARED AND ADAPTED FROM PINTEREST: MY CRAZY GOOD LIFE

1 SERVING = 127 CALORIES (1 G PROTEIN, 34 G CARB, 0 G FAT)