



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)



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)

HEALTHY
APPETIZER

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.
3. **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.
4. **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

1 SERVING = 59 CALORIES (3 G PROTEIN, 7 G CARB, 3 G FAT)



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 GARLIC POWDER
- 1/4 TSP SMOKED PAPRIKA

ENTREE /
MEAL PREP

Instructions:

- CUT UP CHICKEN.** CUT UP CHICKEN INTO BITE-SIZE PIECES.
- MIX UP BASTE/BASTE THE CHICKEN.** MIX PICKLE JUICE AND MILK TO FORM A BASTE. MIX WITH CHICKEN AND BASTE FOR 30-60 MINUTES.
- SEASON THE CHICKEN.** USE THE REMAINDER OF THE INGREDIENTS (SEASONINGS TO COAT THE CHICKEN).
- 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)