



# WHAT I 'AIR FRIED' FOR BREAKFAST

*Recipes by @whatiateforbreakfast*



Instagram foodie sensation @whatiateforbreakfast (Emily) is here to bring you all the breakfast recipe you need in our brand new eBook 'What i Air Fried for Breakfast!'

Using our best selling Instant Pot Duo Crisp with Ultimate Lid, Emily has created 28 different breakfast recipes which will make you think twice about grabbing that same old cereal or toast in the morning.

In Emily's words, these recipes are

*"Breakfast worth getting out of bed for!"*

*Start the day with something sweet...*

**AIR FRYER WAFFLES**

**APPLE AND PEANUT PANCAKE DIPPERS**

**APPLE CRUMBLE BAKED OATS**

**BANANA PANCAKE BITES**

**CINNAMON AND PECAN PEAR CRUMBLE**

**CINNAMON FRENCH TOAST BAGEL BITES**

**PECAN PIE PASTRY SWIRL**

**RASPBERRY AND WHITE CHOCOLATE MUFFIN**

*or will you choose something savoury..*

**2 INGREDIENT DOUGH BREAKFAST POCKETS**

**BACON FLATBREAD**

**BREAKFAST SAUSAGE ROLLS**

**CACIO E PEPE CRUMPETS**

**CHORIZO AND BRUSSELS SPROUTS FRITTERS**

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**SMOKED SALMON TOAST CUPS**

**SWEET POTATO, FETA AND SPRING ONION ROSTI**

**TOAD IN THE CRUMPET**





## AIR FRYER WAFFLES

*Time: 8 minutes*

### INGREDIENTS

40g self raising flour  
1 large egg  
60ml milk  
1/2 tsp vanilla extract  
1/2 tbsp runny honey  
Butter/oil for greasing

### INSTRUCTIONS

1. Mix the flour, egg, milk, vanilla and honey to form a batter.
2. Grease your silicone waffle mould with a little butter or oil and place in your air fryer basket.
3. Add the batter to waffle mould then pour in the batter.
4. Select Air fry and set the temperature to 180°C and time to 8 minutes. Cook until golden and a skewer or sharp knife comes out clean.
5. When cooked, carefully remove from the waffle mould then serve with toppings of your choice. Enjoy!

**WATCH ON INSTAGRAM**



## APPLE AND PEANUT PANCAKE DIPPERS

*Time: 8 minutes*

### INGREDIENTS

40g self raising flour  
1 large egg  
1/2 tsp vanilla extract  
1/2 tbsp maple syrup  
40ml milk  
1 apple  
Oil spray  
Peanut butter, for serving

### INSTRUCTIONS

1. Add the flour to a bowl, creating a well in the centre.
2. Crack the egg, plus the vanilla and maple syrup into the well and combine.
3. Gradually add the milk, stirring until you have a smooth batter.
4. Slice an apple into slices around 0.5cm thick, and dip each slice into the batter, making sure they are coated on all sides.
5. Line the base of your air fryer basket with baking paper (important: make sure it doesn't touch the element in the air fryer), then add the apple slices, leaving a slight gap between each. Spritz with a little oil.
6. Select Air Fry and set the temperature to 180°C and time to 8 mins, flipping the apple slices halfway through cooking.
7. Serve the pancakes with a bowl of peanut butter.

**WATCH ON INSTAGRAM**



## APPLE CRUMBLE BAKED OATS

*Cooktime: 12 minutes*

### INGREDIENTS

30g rolled oats  
1/2 tsp ground cinnamon  
1/4 tsp baking powder  
120ml milk  
1/2 tbsp maple syrup  
1/2 tsp vanilla extract  
1 apple, chopped  
10g rolled oats  
10g plain flour  
1/4 tsp light brown sugar  
5g butter  
10g flaked almonds

### INSTRUCTIONS

1. Add the 30g oats to a bowl with the cinnamon and baking powder, then give it a quick stir.
2. Add the milk, maple syrup, vanilla extract and the apple, then mix well.
3. In a separate bowl, rub the 10g rolled oats, flour, sugar and butter between your fingers until crumbs start to form.
4. Spoon the oat mixture into a greased, oven-proof baking dish/ramekin, then add the crumble topping and flaked almonds on top.
5. Select Air Fry and set the temperature to 180°C and time to 12 mins or until golden brown.
6. Serve and enjoy!

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## BANANA PANCAKE BITES

*Cooktime: 6 minutes*

### INGREDIENTS

40g self raising flour  
1 large egg  
1/2 tsp vanilla extract.  
40ml milk  
1 banana, sliced

### INSTRUCTIONS

1. Add the flour to a bowl and create a well in the centre.
2. Crack in the egg and add the vanilla and combine.
3. Gradually add the milk, stirring until you have a smooth batter.
4. Peel & slice a banana into coins around 1cm thick, then dip the banana slices in the pancake batter, making sure they are coated on all sides.
5. Line the base of your air fryer basket with baking paper (important: make sure it doesn't touch the element in the air fryer), then add the banana slices, leaving a slight gap between each.
6. Select Air Fry and set the temperature to 180°C and time to 6 mins, flipping the slices halfway through cooking.
7. Serve with toppings of your choice and enjoy!

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## CINNAMON AND PECAN PEAR CRUMBLE

*Time: 10 minutes*

### INGREDIENTS

1 pear, halved  
10g plain flour  
5g softened butter  
1/4 tsp brown sugar  
1/4 tsp ground cinnamon  
10g chopped pecans  
10g rolled oats

### INSTRUCTIONS

1. Slice a pear in half, then remove the stalk and scoop out the core.
2. Add the flour to a bowl with the butter, brown sugar and ground cinnamon. Rub between your fingers until crumbs start to form, then add the chopped pecans and rolled oats and give it a stir.
3. Spoon the crumble mixture into the pear halves, then place in your air fryer basket.
4. Select Air Fry and set the temperature to 180°C and time to 10 mins.
5. Serve & enjoy!

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## CINNAMON FRENCH TOAST BAGEL BITES

*Time: 6 minutes*

### INGREDIENTS

1 bagel  
1 large egg  
1/2 tsp vanilla extract  
Spray oil  
1 tsp granulated sugar  
1/2 tsp ground cinnamon  
1 tsp melted Biscoff spread

### INSTRUCTIONS

1. Slice a bagel into pieces around 0.5cm thick.
2. Whisk the egg with the vanilla extract, then add the bagel bites. Give it a good stir to ensure they are evenly coated.
3. Add the bagel bites in an even layer to your air fryer basket, then spritz with a little oil.
4. Select Air Fry and set the temperature to 180°C and time to 6 mins, giving the basket a shake halfway through cooking so they cook evenly.
5. Mix the sugar with the cinnamon then roll the cooked bagel bites in the cinnamon sugar mixture.
6. Serve with the melted Biscoff spread and enjoy!

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## PECAN PIE PASTRY SWIRL

*Cooktime: 15 minutes*

### INGREDIENTS

- 100g pecan nuts
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg (optional)
- 3 tbsp maple syrup
- 30g melted butter
- 1 sheet puff pastry
- 1 egg (for egg wash)
- 1/2 tbsp icing sugar
- 1 tsp water

### INSTRUCTIONS

1. Blitz 100g pecan nuts in a food processor/blender.
2. Add the pecans to a bowl with the cinnamon, nutmeg, maple syrup and melted butter. Mix well.
3. Unroll a sheet of puff pastry. Spread the pecan mixture over one half of the pastry, then fold over the remaining pastry on top.
4. Cut the pastry into 12 strips, then twist each strip into a swirl shape.
5. Swirl the pastry twirls into a circle then place in your air fryer basket with a gap between each one. (you may need to cook them in batches)
6. Brush each swirl with egg wash.
7. Select Air Fry and set the temperature to 180°C and time to 15 mins.
8. Allow to cool slightly then mix the icing sugar with water and drizzle over the top of the swirls.
9. Serve & enjoy!

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## RASPBERRY AND WHITE CHOCOLATE MUFFIN

*Cooktime: 12 minutes*

### INGREDIENTS

- 30g self raising flour
- 1/4 tsp baking powder
- 1 egg yolk
- 1/2 tbsp melted butter
- 1/2 tsp vanilla extract
- 1/2 tbsp maple syrup
- 1.5 tbsp milk
- 40g raspberries
- 10g white chocolate chips
- 10g rolled oats (optional)

### INSTRUCTIONS

1. Mix together the flour, baking powder, egg yolk, melted butter, vanilla extract, maple syrup and milk.
2. Fold in the raspberries and white chocolate chips, then spoon the mixture into a greased oven-proof ramekin/small baking dish.
3. Top with the rolled oats if desired.
4. Select Air Fry and set the temperature to 180°C and time to 12 mins.
5. Cook until golden brown & risen.
6. Serve while still warm and enjoy!

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## 2 INGREDIENT DOUGH BREAKFAST POCKETS

*Time: 14 minutes*

### INGREDIENTS

80g self raising flour  
80g Greek yogurt  
Pinch of salt  
2 scrambled eggs  
20g diced chorizo  
2 chopped spring onions  
30g grated cheese  
1 raw egg (for egg wash)  
1 tbsp mixed herbs

### INSTRUCTIONS

1. Combine the flour and yoghurt, plus a pinch of salt, until it forms a dough. If it's too sticky to handle, add a little more flour.
2. Transfer the dough to a well floured board/surface, then cut into 2 pieces.
3. Roll each piece of dough into a ball, then roughly flatten with your hands.
4. Add the scrambled eggs, chorizo, spring onions & cheese between the two pockets.
5. Fold the dough over to meet the other edge & press to seal, then shape into a round.
6. Brush with the egg wash and herbs, then place the pockets in your air fryer basket
7. Select Air Fry and set the temperature to 180°C and time to 14 mins.
8. Serve and enjoy!

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## BACON FLATBREAD

*Time: 10 minutes*

### INGREDIENTS

40g self raising flour  
40g Greek yoghurt  
Pinch of salt  
2 rashers of bacon.  
20g cream cheese  
1 tsp chilli jam

### INSTRUCTIONS

1. Mix together the flour and yoghurt, plus a pinch of salt, until it forms a dough. If it's too sticky to handle, add a little more flour.
2. Roll the dough out on a well floured board/surface to around 1cm thick.
3. Place the flatbread in your air fryer basket along with 2 rashers of bacon.
4. Select Air Fry and set the temperature to 180°C and time to 10 min, turning both the flatbread & bacon halfway through cooking so they cook evenly.
5. Spread the flatbread with the cream cheese and chilli jam.
6. Top with the bacon, then serve and enjoy!

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## BREAKFAST SAUSAGE ROLLS

*Cooktime: 15 minutes*

### INGREDIENTS

1 sheet (375g) of puff pastry.  
3 rashers of streaky bacon  
6 good quality sausages  
4 heaped tbsp baked beans  
1 egg wash (for egg wash)  
Seeds/herbs of choice

### INSTRUCTIONS

1. Unroll the puff pastry sheet and arrange the bacon on top.
2. Remove the meat from the casings of 6 good quality sausages, then place on top of the bacon.
3. Spoon the baked beans along the sausagemeat, then brush the pastry all over with egg wash, then fold each half over into the centre.
4. Cut along the centre to separate both halves, then crimp the edges with a fork to seal.
5. Cut each pastry strip into 8, so you have 16 sausage rolls in total and place in your air fryer basket. You may need to work in batches.
6. Brush the tops with egg wash then scatter over any seeds or herbs you wish.
7. Select Air Fry and set the temperature to 170°C and time to 15 mins, or until the pastry is golden & sausagemeat cooked through.
8. Serve and enjoy!

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## CACIO E PEPE CRUMPETS

*Cooktime: 5 minutes*

### INGREDIENTS

2 crumpets  
1/2 tbsp olive oil  
20g grated pecorino romano cheese  
Black pepper

### INSTRUCTIONS

1. Chop up 2 crumpets into small pieces.
2. Add the oil, cheese and lots of pepper to a bowl.
3. Add the chopped up crumpets to the bowl and mix well, making sure they are coated with the cheese & pepper mixture.
4. Add the crumpets into your air fryer basket,
5. Select Air Fry and set the temperature to 180°C and time to 5 minutes. Give the basket a shake halfway through cooking to make sure the crumpets cook evenly.
6. Serve with an extra grating of pecorino & pinch of black pepper. Enjoy!

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## CHORIZO AND BRUSSELS SPROUTS FRITTERS

*Time: 12 minutes*

### INGREDIENTS

80g brussels sprouts, cooked and roughly chopped  
20g diced chorizo  
30g self raising flour  
Salt and pepper  
1/2 tsp smoked paprika  
1 large egg  
Spray oil  
1/2 tsp harissa paste  
1 heaped tbsp Greek/natural yoghurt

### INSTRUCTIONS

1. Add the brussels sprouts to a large bowl with the chorizo, flour, salt, pepper and paprika. Give it a quick stir.
2. Crack in 1 large egg, then mix until combined.
3. Spoon the batter into 4 rounds in a lined air fryer basket. and drizzle with a small amount of oil/spray.
4. Select Air Fry and set the temperature to 180°C and time to 12 mins or until golden & crispy.
5. Meanwhile, make the dip by combining the harissa paste with the yoghurt.
6. Serve and enjoy!

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## CRISPY HALLOUMI FRENCH TOAST

*Time: 10 minutes*

### INGREDIENTS

30g halloumi cheese, grated  
1 egg  
Salt & pepper  
1/2 tsp mixedherbs  
1 slice of bread  
Spray oil  
Chilli flakes  
Drizzle of warm honey

### INSTRUCTIONS

1. Spread the grated cheese onto a clean surface.
2. Whisk the egg and add salt, pepper and mixed herbs.
3. Soak a slice of bread in the egg mixture, making sure all sides are coated, then immediately roll on each side in the grated halloumi, which should stick to the bread.
4. Place the French toast in your air fryer basket & spritz with a little oil.
5. Select Air Fry and set the temperature to 180°C and time to 10 mins, turning halfway through so it cooks evenly.
6. Once cooked, sprinkle on some chilli flakes and warmed honey, and enjoy!

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## DIPPY EGGS WITH ASPARAGUS SOLDIERS

*Cooktime: 7-8 minutes*

### INGREDIENTS

2 slices of prosciutto  
6 spears of asparagus  
2 eggs

### INSTRUCTIONS

1. Cut the prosciutto lengthways into 3 slices each (so you have 6 slices in total).
2. Wrap each asparagus spear with the prosciutto, winding tightly around each, then place in your air fryer basket with the 2 eggs.
3. Select Air Fry and set the temperature to 180°C and time to 7 mins for medium eggs straight from the fridge or 8 mins for large eggs straight from the fridge (reduce the cooking time by 1 minute if you're using room temperature eggs).
4. Turn the asparagus halfway through cooking so that it cooks evenly on both sides.
5. Once the time is up, immediately place the eggs into egg cups and remove the tops.
6. Serve the eggs with the asparagus soldiers and get dipping. Enjoy!

**WATCH ON INSTAGRAM**



## DIPPY EGGS WITH HONEY CHILLI HALLOUMI

*Cooktime: 7-8 minutes*

### INGREDIENTS

30g halloumi  
1/2 tsp chilli oil  
1 tsp runny honey  
2 eggs

### INSTRUCTIONS

1. Slice the halloumi into soldiers. Tip: Use a crinkle knife to get the grill lines.
2. Mix the chilli oil and honey together and brush it onto the halloumi and place into the air fryer basket, with the eggs.
3. Select Air Fry and set the temperature to 180°C and time to 7 mins for medium eggs straight from the fridge or 8 mins for large eggs straight from the fridge (reduce the cooking time by 1 minute if you're using room temperature eggs).
4. Turn the halloumi halfway through cooking so that it cooks evenly on both sides.
5. Once the time is up, immediately place the eggs into egg cups and remove the tops.
6. Serve the eggs with the halloumi soldiers and get dipping. Enjoy!

**WATCH ON INSTAGRAM**







## EGG IN A WAFFLE

*Time: 7-8 minutes*

### INGREDIENTS

2 potato waffles

2 eggs

20g grated cheddar

Fresh chives

### INSTRUCTIONS

1. Defrost 2 potato waffles in your microwave or toaster, then cut holes in the centre of each waffle.

2. Line the base of your air fryer basket with baking paper, making sure it doesn't touch the element.

3. Place the waffles and cut out centres in the basket/oven tray.

4. Crack an egg into the centre of each waffle, then top with cheese and chives.

5. Select Air Fry and set the temperature to 160°C and time to 7 mins for medium eggs or 8 mins for large eggs straight from the fridge (if your eggs are room temperature reduce the cooking time by 1 minute).

6. Serve and enjoy. Don't forget to dip the crispy centres into the yolks!

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## FAJITA BAKED EGGS

*Time: 11-12 minutes*

### INGREDIENTS

1/2 onion

1 pepper

1/2 tsp smoked paprika

1/2 tsp ground cumin

1/2 tsp oregano

1/4 tsp garlic granules

Oil

1 mini tortilla wrap

2 eggs

15g grated cheese

### INSTRUCTIONS

1. Slice the onion and pepper into strips, then add to a bowl with the paprika, cumin, oregano and garlic granules. Add a drizzle of oil and mix well.

3. Arrange in a single layer in your air fryer basket,

4. Select Air Fry and set the temperature to 180°C and time to 4 minutes.

5. Grease an individual baking dish/ramekin with a little oil, then press a mini tortilla wrap into the dish, leaving the edges raised.

6. Spoon the cooked onion & peppers into the wrap, then crack in 2 eggs and top with cheese.

7. Place the dish in the air fryer, and set the temperature to 160°C and time to 7 mins for medium eggs or 8 mins for large eggs straight from the fridge (if your eggs are room temperature reduce the cooking time by 1 minute).

8. Serve and enjoy!

**WATCH ON INSTAGRAM**



## MARMITE AND CHEESE POTATO WAFFLE

*Cooktime: 17-18 minutes*

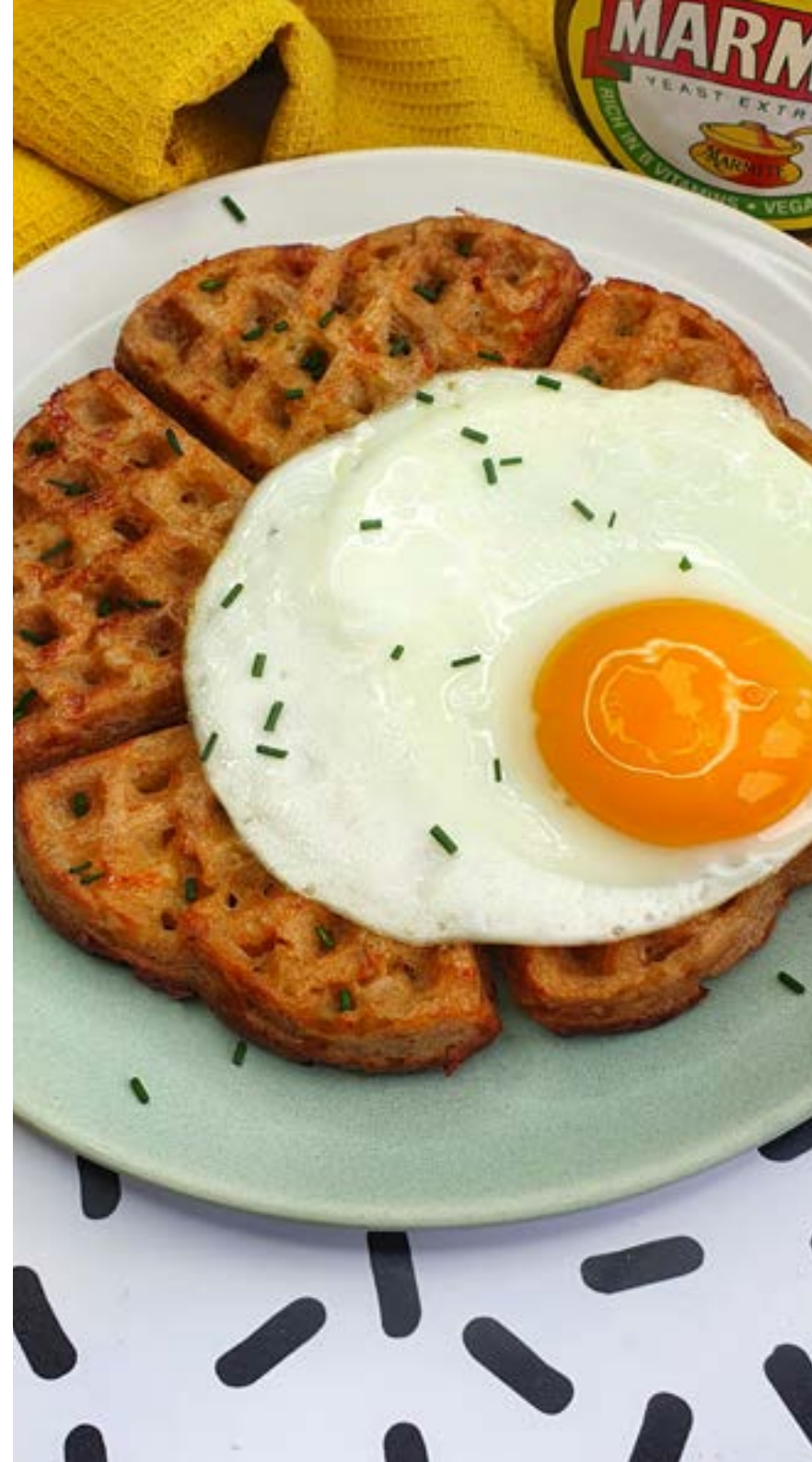
### INGREDIENTS

1 large potato (220-240g)  
1 tsp Marmite  
30g grated cheese  
1 large egg

### INSTRUCTIONS

1. Pierce the potato with a fork and microwave for 7-8 mins, then leave to cool slightly before scooping out the flesh.
2. Roughly mash the potato and add the marmite and give it a mix.
3. Add the cheese and egg, combining it all together. Then spoon the mixture into a greased silicone waffle mould
4. Select Air Fry and set the temperature to 180°C and time to 10 mins.
5. Once cooked, Carefully remove from the waffle mould then serve with toppings of your choice. Enjoy!

**WATCH ON INSTAGRAM**



## MELT IN THE MIDDLE COURGETTE FRITTERS

*Cooktime: 12 minutes*

### INGREDIENTS

1 medium courgette  
30g self-raising flour  
Salt and pepper  
1 large egg  
20g grated cheese  
Spray oil

### INSTRUCTIONS

1. Grate the courgette and squeeze out as much excess liquid as possible in a clean cloth/tea towel - don't skip this step otherwise you'll have soggy fritters!
2. Add the flour, salt and pepper to the courgette and give it a quick stir.
3. Crack in the egg and mix until combined.
4. Line the base of your air fryer basket with baking paper, then spoon half of the batter into 3 rounds.
5. Add the cheese to the centres of the fritters, then top with the remaining batter, making sure the cheese is completely covered. Spritz with a small amount of oil/spray.
6. Select Air Fry and set the temperature to 180°C and time to 12 mins or until golden & crispy, turning halfway through cooking.
7. Serve and enjoy!

**WATCH ON INSTAGRAM**







## MELT IN THE MIDDLE HASH BROWNS

*Time: 12 minutes*

### INGREDIENTS

1 large potato  
pinch of salt  
1/4 tsp smoked paprika  
1/4 tsp chilli powder  
1/4 tsp mixed herbs.  
30g cheese  
Spray oil

### INSTRUCTIONS

1. Wash and grate the potato and squeeze out as much excess liquid as you can in a clean cloth/tea towel (this step is key for crispy, non-soggy hash browns so don't skip it!) & discard the liquid.
2. Mix the grated potato with the salt and spices.
3. Line your air fryer basket with baking paper, then spoon half of the potato into 2 rounds (I used an egg ring as a mould to make sure the grated potato was really compacted so that it didn't fly around in the air fryer, which worked well!)
4. Add the cheese to the centre of each hash brown, then cover with the remaining potato to cover the cheese centres.
5. Spritz with a little oil then Select Air Fry. Set the temperature to 180°C and time to 12 minutes, turning halfway through cooking so both sides cook evenly.
6. Serve and enjoy!

**WATCH ON INSTAGRAM**



## PESTO EGG TOAST

*Time: 7-8 minutes*

### INGREDIENTS

1 slice of bread  
1-2 tbsp pesto  
1 egg  
4 cherry tomatoes, sliced  
1 spring onion, chopped  
15g feta, crumbled

### INSTRUCTIONS

1. Spread a slice of bread with pesto, then press down the centre of the bread with back of a spoon, leaving a gap around the edges, to create a well.
2. Place the bread in your air fryer basket, and crack an egg into the centre.
3. Add the sliced cherry tomatoes, spring onion and feta on top.
4. Select Air Fry and set the temperature to 160°C and time to 7 mins for medium eggs or 8 mins for large eggs straight from the fridge (if your eggs are room temperature reduce the cooking time by 1 minute).
5. Serve and enjoy.

**WATCH ON INSTAGRAM**



## PESTO TOMATOES ON TOAST

*Cooktime: 17 minutes*

### INGREDIENTS

100g cherry tomatoes

1 heaped tsp pesto

1 slice of bread

Avocado and scrambled egg, for serving

### INSTRUCTIONS

1. Place the cherry tomatoes in the centre of a piece of kitchen foil and add the pesto, giving it a stir so the tomatoes are coated with the pesto.

2. Bring the edges of the foil into the centre to create a parcel, then place in your air fryer basket

3. Select Air Fry and set the temperature to 180°C and time to 15 minutes.

4. After the 15 mins has passed, carefully open the foil up, leaving the edges raised so that the juices don't run out. Make sure the foil doesn't touch the element in the air fryer. Add the bread to the basket.

5. Select Air Fry and set the temperature to 180°C for a further 2 mins.

6. Once cooked, top the toast with avocado and scrambled egg, with the tomatoes on top. Enjoy!

**WATCH ON INSTAGRAM**



## PIZZA EGG IN A BAGEL

*Cooktime: 7-8 minutes*

### INGREDIENTS

1 bagel

1 heaped tsp tomato puree

1 tsp cold water

1/4 tsp dried oregano

Salt and pepper

1/2 red & yellow pepper, diced

80g wilted spinach

20g mozzarella

1 egg

### INSTRUCTIONS

1. Slice a bagel in half and cut around the holes to make them slightly wider.

2. Line the base of your air fryer basket with baking paper, then add the bagel halves.

3. Mix the tomato puree with the water, oregano and salt and pepper, then spoon over the bagel halves.

4. Top with the peppers, spinach and mozzarella.

5. Crack an egg into the centre of the bagel.

6. Select Air Fry and set the temperature to 160°C and time to 7 mins for medium eggs or 8 mins for large eggs straight from the fridge (if your eggs are room temperature reduce the cooking time by 1 minute).

7. Serve and enjoy!

**WATCH ON INSTAGRAM**







## PIZZA TOAST SWIRLS

*Time: 8 minutes*

### INGREDIENTS

- 4 slices of bread
- 1 egg (for egg wash)
- 1 heaped tbsp tomato puree
- 1/2 tbsp cold water
- 1/4 tsp dried oregano
- Salt and pepper
- 1 sliced pepper
- 2 chopped sundried tomatoes
- 50g mozzarella

### INSTRUCTIONS

1. Cut the crusts off 4 slices of bread.
2. Flatten each slice with a rolling pin, then brush the end of one of the slices with egg wash and press another slice on top to make one long slice of bread. Repeat with the remaining 2 slices of bread, so you have 2 long slices in total.
3. Mix the tomato puree with the cold water, oregan, salt and pepper, and spoon over both slices of bread.
4. add the pepper, sundried tomatoes and cheese, then roll up both slices and cut each into 4 pieces (so you have 8 in total).
5. Place with the swirls facing up in your air fryer basket, then brush the tops & sides with egg wash.
6. Select Air Fry and set the temperature to 180°C and time to 8 minutes. Turn the swirls halfway through cooking & brush the tops with egg wash.
7. Serve and enjoy! They'll keep in the fridge for up to 3 days & can be reheated if required.

**WATCH ON INSTAGRAM**



## SMOKED SALMON TOAST CUPS

*Time: 8 minutes*

### INGREDIENTS

- 2 slices of bread
- Butter
- 1 large egg
- Salt and pepper
- Handful of chopped chives
- 1 chopped slice of smoked salmon

### INSTRUCTIONS

1. Cut the crusts off 2 slices of bread and flatten the bread with a rolling pin.
2. Lightly butter one side of the bread, and place butter side up into greased ramekins, then place in your air fryer basket.
3. Select Air Fry and set the temperature to 200°C for 3 minutes.
4. Meanwhile, whisk 1 large egg with a pinch each of salt & pepper, the chives and the smoked salmon.
5. Pour the egg mixture into the centre of the cups, then place back in the air fryer.
6. Select Air Fry and set the temperature to 180°C and time to 5 minutes or until the egg mixture has set (you can check by inserting a skewer/sharp knife into the centre which should come out clean).
7. Serve and enjoy!

**WATCH ON INSTAGRAM**



## SWEET POTATO, FETA AND SPRING ONION ROSTI

*Cooktime: 12 minutes*

### INGREDIENTS

1 sweet potato  
(120g-140g)

1/2 tbsp plain flour

2 chopped spring onions

20g crumbled feta  
cheese

Salt and pepper

1/2 tsp smoked paprika

Chilli oil

### INSTRUCTIONS

1. Wash and grate the potato and place in a bowl with the flour, spring onions and feta.
2. Season with salt, pepper and the paprika and mix well.
3. Leave to sit for a minute or two so the flour absorbs the liquid from the sweet potato (this is what binds it together).
4. Roll the mixture into 3 or 4 balls, then place in your air fryer basket & press down gently with your hands to flatten, then drizzle with a little chilli oil.
5. Select Air Fry and set the temperature to 180°C and time to 12 mins, flipping halfway through cooking so they cook evenly on both sides.
6. Serve and enjoy!

**WATCH ON INSTAGRAM**



## TOAD IN THE CRUMPET

*Cooktime: 18 minutes*

### INGREDIENTS

Oil for greasing

1 pork sausage

1 rasher of streaky bacon

1 crumpet

1 large egg

Salt and pepper

Fresh rosemary

### INSTRUCTIONS

1. Grease an individual baking dish/ramekin with a little oil.
2. Wrap a good quality sausage with a rasher of streaky bacon, then place in to the dish.
3. Select Air Fry and set the temperature to 180°C and time to 10 mins.
4. Meanwhile, chop a crumpet into small pieces around 1-1.5cm in size.
5. Whisk the egg, and combine with the salt, pepper and rosemary.
6. Add the chopped crumpets into the egg mixture & give them a stir, making sure that all pieces are coated in the egg, then leave the crumpets to absorb the egg mixture until the air fryer has finished.
7. Add the crumpets & any remaining egg mixture to the baking dish around the sausage.
8. Select Air Fry and set the temperature to 180°C for a further 8 mins or until the crumpets are golden & crispy and the sausage & bacon are completely cooked through.
9. Serve and enjoy!

**WATCH ON INSTAGRAM**





Make Breakfast  
Amazing

