

# AIR FRYER

## *Recipe Ideas*





## Why We Like to Use an Air Fryer

As health coaches, we're always looking for ways to help our clients make nutritious choices that are realistic, affordable, and enjoyable. One of our favourite tools for healthy eating? The air fryer.

### A Healthier Way to Cook

Air fryers use hot air circulation to create a crispy texture—without the need for deep frying. This means:

- Less oil, and fewer fats for cooking in (can always include these later)
- Minimal nutrient loss from high-heat frying

### Quick, Convenient, and Versatile

Whether you're prepping breakfast, lunch, dinner, or a healthy treat, the air fryer is:

- Time-saving – perfect for busy schedules
- Easy to clean – less mess than traditional pans
- Great for meal prep – batch-cook proteins, veggies, or snacks in minutes

### Supports Health Goals

Using an air fryer makes it easier to stick to your nutrition goals by encouraging:

- Whole food cooking at home
- Balanced meals with lean proteins, complex carbs, and healthy fats
- Reduced reliance on processed or takeaway meals

In short: The air fryer is a practical, accessible way to enjoy healthier versions of your favourite foods—without sacrificing flavour or satisfaction.



# SALMON BITES WITH BROCCOLI

SERVES 2

## INGREDIENTS

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- 2 salmon fillets, cubed (about 300g)
- 1 tbsp olive oil
- 1 tsp paprika
- ½ tsp garlic powder
- Salt and pepper to taste
- 1 cup broccoli florets

## METHOD

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1. Preheat air fryer to 200°C (400°F).
2. Toss salmon cubes with olive oil, paprika, garlic powder, salt, and pepper.
3. Add salmon and broccoli to the air fryer basket.
4. Cook for 8–10 minutes, shaking halfway through.
5. Serve hot, optionally with lemon wedges and side salad.

### **Why it helps:**

This meal is rich in lean protein, healthy fats, and fibre, helping to support heart health, stabilise energy, and keep you fuller for longer.



# BREAKFAST EGG CUPS

SERVES 4

## INGREDIENTS

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4 eggs  
¼ cup red bell pepper, finely chopped  
¼ cup baby spinach, chopped  
2 tbsp feta or grated cheese (optional)  
Salt and pepper to taste  
Olive oil spray for greasing ramekins or silicone moulds

## METHOD

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1. Lightly grease 4 ramekins or silicone muffin cups with olive oil spray.
2. Divide chopped pepper and spinach evenly between them.
3. Crack one egg into each and sprinkle with cheese, salt, and pepper.
4. Place cups in the air fryer basket.
5. Air fry at 160°C (320°F) for 10–12 minutes, or until eggs are set to your liking.

### **Why it helps:**

These egg cups are a protein-packed, nutrient-rich breakfast that's quick, low in carbs, and perfect for meal prepping or busy mornings.



Photo Credit: Nadin Sh from Pexels

# CHICKEN & ZUCCHINI FRITTERS

SERVES 2

## INGREDIENTS

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- 1 small zucchini, grated and squeezed
- 1 cooked chicken breast, shredded
- 1 egg
- 2 tbsp almond flour
- ½ tsp mixed herbs
- Salt and pepper to taste
- Olive oil spray (for greasing basket)

## METHOD

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1. Mix all ingredients in a bowl until well combined.
2. Form into 4 small patties and place in greased air fryer basket.
3. Air fry at 180°C (360°F) for 10–12 minutes, flipping halfway.
4. Serve with a side of plain yoghurt or salsa and side salad.

### **Why it helps:**

A great way to use up leftovers, these fritters are high in protein and fibre, which support stable blood sugar and healthy digestion.



# CINNAMON APPLE CHIPS

SERVES 2

## INGREDIENTS

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1 red apple, thinly sliced  
½ tsp ground cinnamon  
Spritz of lemon juice (optional)

## METHOD

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1. Toss apple slices with cinnamon and lemon juice if using.
2. Place in a single layer in the air fryer basket.
3. Air fry at 160°C (320°F) for 15–20 minutes, flipping halfway.
4. Let cool completely to crisp up before serving.

### **Why it helps:**

A simple snack that's naturally sweet and high in fibre, helping to support gut health and curb cravings. Best served with nuts or good quality yoghurt to balance blood sugars. Can chop them to sprinkle on breakfast for texture or eat with Greek yoghurt after exercise.



Photo Credit: JUSTIN JOSEPH from Pixels

# CHICKPEA PATTIES (VEGETARIAN)

SERVES 4

## INGREDIENTS

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- 1 cup canned chickpeas, rinsed and mashed
- 2 tbsp oat flour or breadcrumbs
- 1 egg or flax egg (for vegan)
- 1 tbsp parsley or coriander, chopped
- ½ tsp cumin
- ½ tsp garlic powder
- Salt and pepper to taste
- Olive oil spray for greasing basket

## METHOD

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1. Mix all ingredients until well combined.
2. Form into 4 patties and place in a greased air fryer basket.
3. Air fry at 180°C (360°F) for 10–12 minutes, flipping halfway.
4. Serve with yoghurt dip, salsa, guacamole hummous or with a hearty salad.

### **Why it helps:**

Chickpeas are a great vegetarian source of protein and fibre, supporting energy and fullness without meat.



# GARLIC MUSHROOMS (LOW-CARB)

SERVES 2

## INGREDIENTS

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- 2 cups button mushrooms, halved
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp chopped parsley (optional)
- Salt and pepper to taste

## METHOD

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1. Toss mushrooms with olive oil, garlic, salt, and pepper.
2. Place in the air fryer basket.
3. Air fry at 200°C (400°F) for 10–12 minutes, shaking halfway.
4. Sprinkle with fresh parsley before serving.

### **Why it helps:**

Mushrooms are low in carbs and calories but rich in vitamins and minerals, making them a great option for low-carb eating. Can be used as a meat alternative or an additional vegetable.



Photo Credit: Einladung\_zum\_Essen from pixabay

# CRISPY SWEET POTATO WEDGES (BUDGET-FRIENDLY)

SERVES 2

## INGREDIENTS

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- 1 large sweet potato, cut into wedges
- 1 tbsp olive oil
- ½ tsp paprika
- ½ tsp garlic powder
- Salt and pepper to taste

## METHOD

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1. Toss sweet potato wedges with oil and spices.
2. Place in air fryer basket in a single layer.
3. Air fry at 200°C (400°F) for 15-18 minutes, shaking halfway.
4. Serve with plain yoghurt or hummus and a large salad.

### **Why it helps:**

Sweet potatoes are a nutrient-dense, affordable option that provides fibre, vitamins, and natural carbs to fuel your day.



Photo Credit: Mizina from Getty Images Pro

# BANANA OAT BITES

SERVES 6

## INGREDIENTS

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- 1 ripe banana, mashed
- ½ cup rolled oats
- 1 tbsp nut butter (like almond or peanut)
- ½ tsp cinnamon
- 1 tsp vanilla essence (optional)
- Small handful of dark chocolate chips or chopped nuts (optional)
- Spray oil (optional)

## METHOD

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1. Mix all ingredients in a bowl to form a sticky dough.
2. Shape into 6 small balls or flatten slightly into bites.
3. Place in a greased air fryer basket.
4. Air fry at 180°C (360°F) for 8–10 minutes until golden.
5. Let cool slightly before serving.

### **Why it helps:**

These bites are packed with natural energy, fibre, and slow-digesting carbs—perfect for a wholesome treat or post-workout snack.



# STUFFED DATES

SERVES 8

## INGREDIENTS

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8 Medjool dates, pitted  
4 tsp nut butter (peanut, almond, or tahini)  
2 squares dark chocolate, broken into pieces  
Pinch of sea salt (optional)

## METHOD

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1. Slice each date open and fill with  $\frac{1}{2}$  tsp nut butter and a piece of dark chocolate.
2. Place stuffed dates in the air fryer on baking paper.
3. Air fry at 160°C (320°F) for 4–5 minutes until chocolate softens.
4. Sprinkle with sea salt and cool slightly before eating.

### **Why it helps:**

A naturally sweet option with a mix of fibre, healthy fats, and a little indulgence—great for satisfying sweet cravings in a balanced way, especially post workout