



Air Fryer Apple Crumble

Description

Ingredients

- 1 kg (2 lb) apples (approximately 6-8 apples)
- ¼ cup water
- ½ cup brown sugar
- 2 tbsp cornstarch
- 1 tsp ground cinnamon
- Pinch of salt
- **For the crumble:**
- ½ cup melted butter

Directions

- Peel the apples, remove the cores, and slice them into thin, irresistible slices.
- In a spacious bowl, combine the apple slices with water, brown sugar, cornstarch, cinnamon, and a pinch of salt, ensuring each slice is coated in sweetness and spice.
- Transfer the apple medley into ramekins, nestling them snugly within the air fryer basket.

- Air fry the apples for 15 minutes at 180°C/350°F until they reach a fork-tender consistency.
- Meanwhile, craft the crumble topping by blending melted butter, flour, sugar, and a pinch of salt until the mixture achieves a delightful crumbly texture.
- Crown your tender apples with this golden crumble, then return them to the air fryer for a final 10-minute flourish until the crumble attains a resplendent golden hue.
- Serve your masterpiece with a luscious scoop of vanilla ice cream or a dollop of Greek yogurt for a healthier twist.

Nutrition Facts

- **Calories:**425kcal
- **Fat:**16g
- **Cholesterol:**41mg
- **Sodium:**133mg
- **Potassium:**247mg
- **Carbohydrates:**72g
- **Fiber:**5g
- **Sugar:**47g
- **Protein:**3g
- **Calcium:**47mg
- **Iron:**1mg

Category

1. Air Fryer Recipes

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