



Air Fryer Apple Turnovers

Description

Looking for a delicious dessert to make in your [air fryer](#)? Try these apple turnovers! Deliciously soft cinnamon apples baked inside flaky puffed pastry.

Duration:

- **PREP TIME:** 20 minutes
- **COOK TIME:** 15 minutes
- **TOTAL TIME:** 35 minutes

Ingredients

For Stewed Cinnamon Apples

- 2 Apples (I use Pink Lady), skin removed and diced
- 1 tsp Cinnamon
- 1 tsp Maple Syrup
- 2 tbsp Water

For Turnovers

- 1 sheet Frozen Puff Pastry
- 1 Egg, lightly whisked into an egg wash

Optional to Serve

- Thickened Cream, whipped

Instructions

1. Cook Stewed Cinnamon [Apples](#) following the instructions in this post. Place on a plate and allow to cool slightly.
2. Remove puff pastry sheet from the freezer and allow to thaw partially. Then cut the sheet into 4 squares and brush the edges of each square with the egg.
3. Spoon apples into the centre of each puff pastry square, then fold the pastry over from corner to corner into a triangle shape and seal the edges together with a fork.
4. Brush the tops of each turnover with the egg, then place two turnovers in the air fryer basket and cook for 15 minutes on 180C / 350F or until golden brown. Repeat to cook the remaining turnovers.
5. Serve as is, or with thickened cream.

Notes

Tips for making Air Fryer Apple Turnovers

- There's no need to preheat the air fryer for these apple turnovers.
- If your air fryer isn't non-stick I'd suggest lightly spraying the bottom of your basket before adding the turnovers.
- You can skip the egg wash but it does make the turnovers more golden and shiny.
- If you have a single basket air fryer you'll need to cook these turnovers in two batches. If you have trays or a trivet attachment, cook all at once.
- To cook in the oven simply put the turnovers on a lined baking tray in a preheated oven (180C / 350F) for 15-20 minutes until golden.
- You can freeze uncooked apple turnovers to bake later. This is especially handy if you have a smaller air fryer, as a batch will make you 4 turnovers, and most smaller air fryers will only bake 2 at a time. Cook 2 now, freeze 2 for later!
- Store leftovers in an airtight container in the fridge for 2 days.

Nutrition Information:

YIELD:4

SERVING SIZE: 1

Amount Per Serving: **CALORIES:** 154 **TOTAL FAT:** 8g **SATURATED FAT:** 3g **TRANS FAT:** 0g
UNSATURATED FAT: 4g **CHOLESTEROL:** 101mg **SODIUM:** 57mg **CARBOHYDRATES:** 18g **FIBER:** 3g
SUGAR: 11g **PROTEIN:** 4g

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Date Created

01/09/2023

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