



Air Fryer Baked Apples

Description

This **Air fryer Baked Apples** recipe uses *two clever hacks* to make a sweet, juicy baked apple that is outrageously delicious with vanilla ice cream. Just fill halved apples with a simple cinnamon-oat-apple filling and then *air fry for 15 minutes*.

Prep Time 6 minutes minutes

Cook Time 15 minutes minutes

Total Time 21 minutes minutes

Ingredients

- 1 large apple

Filling

- 1 tablespoon melted butter
- 3 tablespoons light or golden brown sugar
- ¼ teaspoon ground cinnamon
- 1 pinch freshly grated nutmeg optional
- 1 pinch salt
- 2 tablespoons old fashioned oats

To serve

- Vanilla ice cream / Salted caramel sauce / Whipped cream

Equipment used

- Instant Vortex Air fryer

Instructions

Prep apple

- Wash apple, pat dry and then cut in half.

Pro tip: Select apples that are flatter on the sides. This helps it stand up straight when placed in the basket because you don't want them to topple over in the air fryer.

- Using a large ice cream scoop, spoon or pairing knife, scoop out the core along with some flesh, to make a cavity, big enough to hold the filling.
- Chop only the scooped-out flesh to about $\frac{1}{4}$ -inch dice (make sure not to include any seeds or core) and measure a scant $\frac{1}{2}$ cup.

Make filling

- Stir melted butter, brown sugar, cinnamon, nutmeg and salt together, until evenly combined. Stir in oats and chopped apple.
- Divide the filling between the two apple halves (packing lightly into the cavity).

Air fry

- Pour $\frac{1}{2}$ cup water into the air fryer basket and place the apple halves on the grill plate, ensuring that they don't wobble around. Close air fryer.
- Set air fryer to 350°F and cook for 12 to 15 minutes, until the apples have softened, but still holds the shape.

Tip: I recommend checking after 13 minutes. I used Instant Vortex air fryer and the apples were perfectly tender in 15 minutes.

- Open air fryer and let apples cool for at least 2 minutes before serving hot with a scoop of vanilla ice cream.

Notes

Use $\frac{1}{2}$ cup water. I tested the air fryer baked apples recipe using different water proportions and found the $\frac{1}{2}$ cup measurement to be just right. Less water might result in too much evaporation, whereas more water will affect the cooking time.

The recipe *can be easily doubled* for two large apples.

To use medium-sized apples, reduce cooking time by 2 to 3 minutes.

Nutrition

Serving: 1 Serving | Calories: 189kcal | Carbohydrates: 34g | Protein: 1g | Fat: 6g | Saturated Fat: 4g | Polyunsaturated Fat: 0.4g | Monounsaturated Fat: 2g | Trans Fat: 0.2g | Cholesterol: 15mg | Sodium: 71 mg | Potassium: 146mg | Fiber: 3g | Sugar: 27g | Vitamin A: 225IU | Vitamin C: 4mg | Calcium: 28mg | Iron: 1mg

Category

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