



Air Fryer Blueberry Muffins

Description

Air fryer blueberry muffins are a cinch to make in the air fryer! Quick and easy and so delicious too!

Duration:

- **Prep time:** 15 MINUTES
- **Cook time:** 17 MINUTES
- **Total time:** 32 MINUTES
- **Yield:** MAKES 3

INGREDIENTS

- 1 egg
- ½ cup (65g) of sugar
- ½ cup (80 ml) of oil
- 2 tablespoon (30ml) water
- ¼ teaspoon (1.25ml) vanilla extract
- 1 teaspoon (5 ml) lemon zest
- ½ cup (80g) flour
- ½ teaspoon (2.5ml) baking powder
- Pinch of salt
- ½ cup (75g) of blueberries

INSTRUCTIONS

1. Mix together the wet ingredients and the zest. Set aside.
2. In a smaller bowl whisk together the dry ingredients. Add the dry ingredients to the wet ingredients.

3. Line 1 cup oven-safe ramekins with parchment jumbo muffins papers. Scoop batter into papers with an ice cream scoop.
4. Air fry at 350F(175C) for 15-17 minutes

NUTRITION INFORMATION:

YIELD: 3 SERVING SIZE: 1

Amount Per Serving: CALORIES: 39 TOTAL **FAT:** 3g SATURATED **FAT:** 1g TRANS FAT: 0g
UNSATURATED **FAT:** 2g CHOLESTEROL: 62mg SODIUM: 68mg CARBOHYDRATES: 1g FIBER: 0g
SUGAR: 1g PROTEIN:2g

Category

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Date Created

17/09/2023

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