

Air Fryer Breakfast Frittata – Easy, Healthy, and Ready in Minutes!

Description

Start your mornings on a high note with this **Air Fryer Breakfast Frittata** – a fluffy, protein-packed egg dish loaded with colorful vegetables and melty cheese. It's the perfect blend of nutrition and flavor, and best of all, it's made with minimal ingredients in your air fryer in under 10 minutes!

Whether you're trying to eat clean, manage carbs, or just looking for a satisfying breakfast that doesn't require standing over a stove, this air fryer frittata is the answer. It's quick, healthy, and totally customizable to suit your taste and pantry.

Frittatas are the ultimate "what's in the fridge?" solution. Traditionally made on the stove or baked in the oven, they can take time and create extra dishes. But with the help of an air fryer, you can have a delicious single-serve frittata that's just as fluffy and flavorful – with way less effort.

This version started as a simple way to use up some chopped peppers, a handful of spinach, and a bit of cheddar cheese. I was craving something warm and savory, but didn't want the hassle of a full pan breakfast. The result? A rich and satisfying frittata, perfectly cooked in the air fryer, and now a regular part of my weekly routine.

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Ingredients for Air Fryer Breakfast Frittata

You only need a few everyday ingredients to create this nutrient-rich breakfast. Here's what you'll need:

Ingredients:

- **3 eggs** – High in protein and perfect for a filling start to the day.
- **1/4 red pepper, diced** – Adds sweetness and vibrant color.
- **1/4 green pepper, diced** – Slightly tangy and full of crunch.
- **10 baby spinach leaves, chopped** – A healthy boost of iron and vitamins.
- **A handful of cheddar cheese, grated** – Melts into gooey, golden deliciousness.
- **Salt and pepper (optional)** – For seasoning, according to your taste.

Cooking Fat:

- **Oil or butter** – For greasing the pan to prevent sticking.

Step-by-Step Instructions

This breakfast frittata is ridiculously easy to prepare. Here's how:

Step 1: Beat the Eggs

In a mixing bowl, crack the eggs and whisk until smooth. Add salt and pepper to taste and set aside.

Step 2: Preheat the Air Fryer

Grease an air fryer-safe dish or cake pan with a little butter or oil. Preheat the air fryer to **180°C / 350°F** and place the empty greased pan inside for about **1 minute** to warm.

Step 3: Cook the Peppers

Add the diced red and green bell peppers to the heated pan. Let them cook in the air fryer at **180°C / 350°F** for about **3 minutes**, just until slightly softened.

Step 4: Add Spinach and Eggs

Carefully remove the pan from the air fryer. Stir in the chopped spinach, then pour the beaten eggs evenly over the vegetables.

Step 5: Add the Cheese

Sprinkle the grated cheddar cheese over the top of the egg mixture.

Step 6: Cook the Frittata

Return the pan to the air fryer and cook for **6 minutes** at **180°C / 350°F**. At the 3-minute mark, open the fryer and check for doneness—if the center is almost set, you're nearly there. Continue cooking until the top is golden and the frittata is cooked through.

Step 7: Let It Rest and Serve

Remove the frittata and let it cool for a minute or two before slicing and serving. Enjoy warm for breakfast, brunch, or even a quick lunch.

Why You'll Love This Air Fryer Frittata

- **Fast & Easy** From prep to plate in under 10 minutes.
- **One-Pan, Minimal Cleanup** No need to wash multiple dishes.
- **Healthy & Nutritious** Packed with protein and veggies.
- **Low-Carb & Gluten-Free** Fits into most healthy diets.
- **Versatile** Swap in your favorite vegetables, meats, or cheeses.

Recipe Variations

Want to mix things up? Try these frittata twists:

🧀 Cheese Alternatives:

- Swiss cheese for a nutty flavor
- Feta for a salty bite
- Pepper jack for a spicy kick

🥩 Protein Add-Ins:

- Cooked bacon or ham
- Turkey sausage
- Crumbled tofu (for vegetarian protein)

🥬 Veggie Upgrades:

- Mushrooms
- Broccoli florets
- Cherry tomatoes
- Onions or scallions

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🌿 Herbs and Spices:

- Fresh basil, parsley, or thyme
- Dash of paprika or chili flakes
- A pinch of garlic powder or Italian seasoning

Air Fryer Tips for the Perfect Frittata

1. **Use the right dish:** Make sure your dish is oven-safe and fits inside the air fryer basket.
2. **Grease generously:** Eggs can stick easily, especially if the cheese melts along the edges.
3. **Don't overfill:** If using more veggies or eggs, consider increasing cooking time or splitting into two batches.
4. **Monitor closely:** Air fryers vary by model; check doneness early to avoid overcooking.

Serving Ideas

This Air Fryer Frittata is a complete breakfast on its own, but here are a few ideas to make it a full meal:

- Serve with a side of toast or roasted sweet potatoes.
- Top with a dollop of Greek yogurt or sour cream.
- Pair with avocado slices or guacamole.
- Add a fresh fruit salad for balance.
- Drizzle with hot sauce or pesto for extra flavor.

Make-Ahead & Storage Tips

This recipe is easy to scale and perfect for meal prep.

How To Store:

- Let the frittata cool completely.
- Store in an airtight container in the fridge for up to **3 days**.

How To Reheat:

- Microwave for 30-60 seconds, or
- Reheat in the air fryer at 160°C / 320°F for 2-3 minutes.

Nutrition Information (Per Serving)

Here's an estimate based on the ingredients listed:

Nutrient	Approximate Amount
Calories	220-250 kcal
Protein	16-18 g
Fat	17 g
Carbohydrates	4-5 g
Fiber	1-2 g
Sugar	2 g
Sodium	~300-400 mg

Final Thoughts

The **Air Fryer Breakfast Frittata** is a go-to recipe for anyone who wants a nutritious, delicious, and hassle-free morning meal. With just a few simple ingredients, your air fryer transforms eggs and vegetables into a savory, golden frittata that's as impressive as it is easy.

Whether you're prepping breakfast for one, hosting a casual brunch, or need a healthy snack on the go, this frittata has your back. Customizable, budget-friendly, and endlessly tasty - it's everything a good breakfast should be.

Share the Love

Tried this recipe? Share your version on social media and tag us! We'd love to see your unique twist on this classic frittata. Don't forget to **pin it, like it, and leave a comment** below with your favorite add-ins or tips.

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