



Air Fryer Duffins

Description

INSTRUCTION:

1. Preheat the air fryer at 320 degrees F for 3 minutes.
2. Apply the oil to the basket with the brush or cooking spray and place the parchment paper in it.
3. Take a large mixing bowl and add cinnamon, salt, almond flour, baking soda, Erythritol, and baking powder and mix them with the whisk.
4. Grab a separate bowl and add the buttermilk, melted butter or coconut oil, vanilla essence, & eggs.
5. Mix them with the whisk till they get smooth.
6. Transfer the liquid components to the dry components.
7. Mix them with the whisk till we get the smooth consistency of the batter.
8. Then add the batter to the silicon cups with the spoon and just fill the half so that it can rise well.
9. Air-fried them at 320 degrees F for 10 to 12 minutes or till they get perfectly golden brown and the toothpick comes out clean.
10. Meanwhile, take the small bowl add the cinnamon and sugar in the bowl and mix them with the whisk.
11. When the duffins are done, then apply the butter on the duffins with the brush.
12. Roll them in the cinnamon sugar bowl.
13. Serve & enjoy your delicious Keto Air Fryer Duffins.

TIPS:

- We can apply the oil in the basket or line the parchment paper in the basket so that they can't get sticks.
- The batter we make should be thick if it looks thin a little quantity of almond flour is just enough to get the desire consistency.
- Try to always check the air fryer in a few intervals because time can vary in different models.
- We can fill each cup half to avoid overflowing the batter and also to give the space to rise perfectly.

STORAGE INFORMATION:

FRIDGE:

- Place these lovely duffins in the air-tight box and store them for 5 to 7 days.

FREEZER:

- Put the duffins in one layer on the baking sheet and then put them in the sealed bag and store these duffins for 2 to 3 months.

FAQs:

Are these duffins low in carbs?

- These duffins only contain 7g carbs, 3g fiber, 4g net carbs, & 5g protein in them.

How can we store these duffins?

- We can easily store these duffins in the air-tight box and put them in the fridge for 5 to 7 days and we can also freeze these duffins for 2 to 3 months.

Will I be able to prepare these duffins dairy-free?

- We can easily prepare these duffins dairy-free by using the coconut oil in place of butter for this recipe.

Is there any substitute of almond flour to prepare these duffins?

- We could also utilize the coconut flour in place of almond flour; just use $\frac{1}{4}$ cup of coconut for 1 cup of almond flour and you might need to increase the amount of almond milk to adjust the consistency.

Is there any reason to make the thick batter of these duffins?

- The batter of the duffins should be thick because it can help to raise the duffins properly and it can also help them to provide structural support; so if the batter appears thin then adjust the consistency of the batter by adding a little almond flour.

NUTRITIONAL INFORMATION:

Calories: 160-180 kcal

Total Fat: 15g

Saturated Fat: 7g

Cholesterol: 50mg
Sodium: 170mg
Total carbs: 7g
Fiber: 3g
Servings: 6-8 duffins
Net Carbs: 4g
Sugars: 0g
Protein: 4g
Serving size: 1 duffin??

Category

1. High Protein Recipes

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