



Air Fryer Puff Pastry

Description

Air fryer puff pastry makes the perfect dessert! Throw puff pastry in the air fryer and serve with different toppings for an easy and delicious treat.

INGREDIENTS

- 1 sheet puff pastry
- 3 Tablespoons milk or 1 egg
- powdered sugar
- honey optional

INSTRUCTIONS

1. Let puff pastry sheet thaw according to the package directions. Cut into 6 rectangles.
2. Place milk in a small bowl (or crack and beat the egg). Brush onto one side of the puff pastry.
3. Place the puff pastry in the air fryer basket in a single layer milk side down (you may need to cook in batches), and brush the top of the pastry with the milk or egg.
4. Air fry at 350 degrees F for 6-7 minutes, then flip and cook an additional 3 minutes.
5. Plate and serve with a dusting of powdered sugar and a drizzle of honey.

NOTES

- While you can make this with an entire sheet of puff pastry, you can also just do this with leftovers if you have leftover puff pastry. Sometimes I will just do this with 2 or 3 rectangles.

- All air fryers cook differently. Watch carefully to make sure your puff pastry is getting brown and golden, but not burned.

Note that nutrition information shown does not include powdered sugar or honey.

NUTRITION

Calories: 229kcal Carbohydrates: 19g Protein: 3g Fat: 16g Saturated Fat: 4g Polyunsaturated Fat: 2g Monounsaturated Fat: 9g Cholesterol: 1mg Sodium: 105mg Potassium: 36mg Fiber: 1g Sugar: 1g Vitamin A: 13IU Calcium: 13mg Iron: 1mg

Category

1. Air Fryer Recipes

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