

Perfect Air Fryer Sweet Potatoes

Description

Learn how to make incredibly tender, sweet potatoes with crispy skin in your air fryer. This method is faster than oven baking and yields a perfect, fluffy interior every time.

Ingredients

- 4 medium sweet potatoes
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt
- Optional toppings: butter, brown sugar, cinnamon, maple syrup, or savory toppings

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Instructions

- Wash and dry sweet potatoes thoroughly.
- Pierce each potato several times with a fork.
- Rub each potato with olive oil and sprinkle with salt.
- Place sweet potatoes in the air fryer basket, leaving space between each for air circulation.
- Cook at 400°F for 35-45 minutes, depending on size.
 - Small potatoes: 35 minutes
 - Medium potatoes: 40 minutes
 - Large potatoes: 45 minutes
- Check doneness by inserting a fork – it should slide in easily.

Serving Suggestions

1. Sweet:
 - Butter and brown sugar
 - Maple syrup and pecans
 - Cinnamon and mini marshmallows
 - Honey and butter
2. Savory:
 - Black beans and salsa
 - Greek yogurt and chives
 - Pulled pork and coleslaw
 - Taco filling and sour cream

Tips

- Choose sweet potatoes of similar size for even cooking.
- Don't wrap in foil – the skin won't get crispy.

- Flip halfway through cooking for even results.
- Let it rest for 5 minutes before cutting open.
- Store leftovers in the fridge for up to 4 days.

This simple method works perfectly every time and requires minimal effort. Makes a great meal prep option for busy weeks!

Category

1. Air Fryer Recipes

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