

These air fryer avocado fries are wonderfully crunchy on the outside and creamy on the inside. Serve with garlicky aioli for a delicious treat!

INGREDIENTS:

- ¼ cup all-purpose flour
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 egg
- 1 teaspoon water
- 1 ripe avocado, halved, seeded, peeled and cut into 8 slices
- ½ cup panko bread crumbs
- cooking spray



INSTRUCTIONS:

1. Preheat an air fryer to 400 degrees F (200 degrees C).
2. Mix flour, pepper, and salt together in a shallow bowl. Beat together egg and water in a second shallow bowl. Place panko in a third shallow bowl.
3. Dredge an avocado slice through the flour, shaking off excess. Dip into egg and allow excess to drop off, then press into panko so both sides are covered. Set on a plate and repeat with the remaining slices.
4. Spray avocado slices generously with cooking spray and arrange in the air fryer basket, sprayed-side down. Spray the top side of the avocado slices as well.
5. Cook in the preheated air fryer for 4 minutes. Turn avocado slices over and cook until golden, about 3 more minutes.

Nutrition Facts

Servings Per Recipe 2

Calories 319

	% Daily Value *
Total Fat 18g	23%
Saturated Fat 3g	16%
Cholesterol 82mg	27%
Sodium 463mg	20%
Total Carbohydrate 40g	14%
Dietary Fiber 7g	26%
Total Sugars 1g	
Protein 9g	
Vitamin C 10mg	51%
Calcium 29mg	2%
Iron 2mg	10%
Potassium 540mg	11%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.