

This Air fryer Baked Apples recipe uses two clever hacks to make a sweet, juicy baked apple that is outrageously delicious with vanilla ice cream. Just fill halved apples with a simple cinnamon-oat-apple filling and then air fry for 15 minutes.

INGREDIENTS

- 1 large apple

Filling

- 1 tablespoon melted butter
- 3 tablespoons light or golden brown sugar
- ¼ teaspoon ground cinnamon
- 1 pinch freshly grated nutmeg optional
- 1 pinch salt
- 2 tablespoons old fashioned oats

To serve

- Vanilla ice cream / Salted caramel sauce / Whipped cream



INSTRUCTIONS

Prep apple

1. Wash apple, pat dry and then cut in half.
2. Using a large ice cream scoop, spoon or paring knife, scoop out the core along with some flesh, to make a cavity, big enough to hold the filling.
3. Chop only the scooped-out flesh to about ¼-inch dice (make sure not to include any seeds or core) and measure a scant ½ cup.

Make filling

1. Stir melted butter, brown sugar, cinnamon, nutmeg and salt together, until evenly combined. Stir in oats and chopped apple.
2. Divide the filling between the two apple halves (packing lightly into the cavity).

Air fry

1. Pour ½ cup water into the air fryer basket and place the apple halves on the grill plate, ensuring that they don't wobble around. Close air fryer.
2. Set air fryer to 350°F and cook for 12 to 15 minutes, until the apples have softened, but still holds the shape.
3. Open air fryer and let apples cool for at least 2 minutes before serving hot with a scoop of vanilla ice cream.

NUTRITION

Serving: 1 Serving | Calories: 189kcal | Carbohydrates: 34g | Protein: 1g | Fat: 6g | Saturated Fat: 4g | Polyunsaturated Fat: 0.4g | Monounsaturated Fat: 2g | Trans Fat: 0.2g | Cholesterol: 15mg | Sodium: 71mg | Potassium: 146mg | Fiber: 3g | Sugar: 27g | Vitamin A: 225IU | Vitamin C: 4mg | Calcium: 28mg | Iron: 1mg

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