



RECIPES

AIR FRYER



HiCOZY

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Play with Presets

Presets	Foods	Temperatures (°F)	Time (min)	Shake
Steak	Steak Ribeye, Sirloin, Filet	400	6 (Rare)	
			8 (Medium)	
			10 (Well-done)	
	Hamburger	400	10	
	Beef Meatballs	400	8	
	Sausage	400	8 ~ 12	
	Pork Chop, Boneless	400	12 ~ 14	
	Pork Chop, Bone-In	400	16 ~ 18	
Seafood	Salmon	350	8	
	Tilapia	350	6 ~ 8	
	Swordfish	350	8 ~ 10	
Shrimp	Shrimp	370	6 ~ 10	Shake
	Jumbo Shrimp	370	8 ~ 10	Shake
Bacon	Bacon	320	6 ~ 8	
	Pancetta	320	10	
	Parma ham	320	6	
Chicken	Chicken Wings	380	20 ~ 25	Shake
	Chicken Leg/Drumstick	380	25	
	Chicken Thigh, Boneless, Skinless	380	10 ~ 12	
	Chicken Thigh, Bone-In Skin On	380	20 ~ 30	
	Chicken Breast, Boneless, Skinless	360	12 ~ 14	
French Fries	Potato Wedges	350	25 ~ 30	Shake
	Baby Potato	350	20 ~ 25	Flip
	Fresh French Fries	380	25 ~ 30	Shake
	Sweet Potato	380	25 ~ 30	Flip

Play with Presets

Presets	Foods	Temperatures (°F)	Time (min)	Shake
Vegetables	Broccoli	300	8	Shake
	Cauliflower	300	10	Shake
	Zucchini	300	10	Shake
Root Vegetables	Carrots	400	12	Shake
	Brussel Sprouts	400	8	Shake
	Butternut Squash	400	10	Shake
	Corn	400	8 ~ 12	Flip
Desserts	Muffins	300	15	
	Cake	300	30	
	Cupcakes	300	15	
	Brownies	320	30	
Bread	Corn Bread	300	25 ~ 30	
	Biscuits	350	12	
	Cinnamon Rolls	330	15	
	Grilled Cheese	320	8	
	Toasted Bread	320	8	
Frozen Foods	Chicken Nuggets	350	10	Shake
	Onion Rings	350	10	Shake



01

Breakfast

For HiCOZY Air Fryer



Strawberry Cream Scones

PREP TIME: 10 minutes

COOK TIME: 12 minutes

Ingredients

2 cups of all-purpose flour	6 tablespoons of cold butter, cut into pieces	2 large eggs
¼ cup of granulated sugar	½ cup of fresh strawberries, chopped	1 teaspoon of water
2 teaspoons of baking powder	½ cup of heavy cream	
⅛ teaspoon of salt	2 teaspoons of vanilla extract	

Method

1. SIFT the flour, sugar, baking powder, and salt together in a large bowl.
2. CUT the butter into the flour using a pastry blender or your hands until the mixture resembles coarse crumbs.
3. MIX the strawberries into the flour mixture, then set aside.
4. WHISK the heavy cream, 1 egg, and the vanilla extract together in a separate bowl.
5. FOLD the cream mixture into the flour mixture until they combine, then roll it out to a 1½-inch thickness.
6. USE a round cookie cutter to cut the scones.
7. BRUSH the scones with an egg wash made from 1 egg and water, then set aside.
8. SELECT Preheat on the air fryer, adjust to 350°F, and then press Start/Pause.
9. LINE the preheated air fryer basket with parchment paper.
10. PLACE the scones on top of the parchment paper and cook for 12 minutes at 350°F until it turns golden brown.

Ginger Blueberry Scones

PREP TIME: 10 minutes

COOK TIME: 12 minutes

Ingredients

2 cups of all-purpose flour	6 tablespoons of cold butter, cut into pieces	2 large eggs
¼ cup of granulated sugar	½ cup of fresh blueberries	½ cup of heavy cream
2 teaspoons of baking powder	2 teaspoons of fresh ginger, finely grated	1 teaspoon of water
⅛ teaspoon of salt	2 teaspoons of vanilla extract	

Method

1. SIFT the flour, sugar, baking powder, and salt together in a large bowl.
2. CUT the butter into the flour using a pastry blender or by hand until the mixture resembles coarse crumbs.
3. MIX the blueberries and ginger into the flour mixture, then set aside.
4. WHISK together the heavy cream, 1 egg, and the vanilla extract in a separate bowl.
5. FOLD the cream mixture into the flour until they combine.
6. FORM the dough into a round shape with a 1½-inch thickness and cut it into eighths.
7. BRUSH the scones with an egg wash made from 1 egg and water, then set aside.
8. SELECT Preheat on the air fryer, adjust to 350°F, and then press Start/Pause.
9. LINE the preheated air fryer basket with parchment paper and place the scones on top.
10. COOK for 12 minutes at 350°F, until it turns golden brown.





Baked Potted Egg

PREP TIME: 3 minutes

COOK TIME: 14 minutes

Ingredients

A nonstick cooking spray

3 eggs

6 slices of smoked streaky bacon, diced

2 cups of baby spinach, washed

1/2 cup of heavy cream

3 tablespoons of Parmesan cheese, grated

Salt & pepper, to taste

Method

1. SELECT Preheat on the air fryer, adjust to 350°F, and then press Start/Pause.
2. SPRAY three 3-inch ramekins with a nonstick cooking spray.
3. ADD 1 egg to each greased ramekin.
4. COOK the bacon in a pan for about 5 minutes, until crispy.
5. ADD the spinach and cook for about 2 minutes, until wilted.
6. MIX in the heavy cream and Parmesan cheese, then cook for 2 to 3 minutes.
7. POUR the cream mixture on top of the eggs.
8. PLACE the ramekins into the preheated air fryer and cook for 4 minutes at 350°F, until the egg white is fully set.
9. SEASON to taste with salt and pepper.

French Toast Sticks

PREP TIME: 5 minutes

COOK TIME: 10 minutes

Ingredients

- | | |
|--|-------------------------------|
| 4 slices of white bread, 1½ inches thick, preferably stale bread | A nonstick cooking spray |
| 2 eggs | 3 tablespoons of sugar |
| ¼ cup of milk | 1 teaspoon of ground cinnamon |
| 1 tablespoon of maple syrup | Maple syrup, for serving |
| ½ teaspoon of vanilla extract | Powdered sugar, for dusting |

Method

1. CUT each bread slice into thirds making 12 pieces, then set aside.
2. WHISK the eggs, milk, maple syrup, and vanilla together.
3. SELECT Preheat on the air fryer, adjust to 350°F, and then press Start/Pause. Allow it to heat up.
4. DIP the bread slices into the egg mixture and arrange into the preheated air fryer. Spray the French toast sticks liberally with the cooking spray.
5. COOK the French toast sticks for 10 minutes at 350°F. Flip the sticks halfway through cooking.
6. MIX the sugar and cinnamon together in a bowl, then set aside.
7. COAT the French toast sticks in the cinnamon sugar mixture when cooking is done.
8. SERVE with maple syrup and dust with powdered sugar.





Muffin Breakfast Sandwich

PREP TIME: 2 minutes

COOK TIME: 10 minutes

Ingredients

- | | |
|---------------------------------|---------------------------|
| A nonstick cooking spray | 1 tablespoon of hot water |
| 1 slice of white cheddar cheese | 1 large egg |
| 1 slice of Canadian bacon | Salt & pepper, to taste |
| 1 split English muffin | |

Method

1. SPRAY the inside of a 3-ounce ramekin with the cooking spray and place it into the air fryer.
2. SELECT Preheat, adjust to 320°F, and then press Start/Pause.
3. ADD the cheese and Canadian bacon to one half of the English muffin.
4. PLACE both halves of the muffin into the preheated air fryer.
5. POUR the hot water and egg into the heated ramekin and season with salt and pepper.
6. SELECT Bread, adjust to 10 minutes, and then press Start/Pause.
7. TAKE the English muffins out after 7 minutes; leave the egg in for the rest of the cooking time.
8. ASSEMBLE your sandwich by placing the cooked egg on top of the English muffin and then serve.

Coffee Streusel Muffins

PREP TIME: 10 minutes

COOK TIME: 12 minutes

Ingredients

1	tablespoon of white sugar	$\frac{3}{4}$	cup of all-purpose flour	$\frac{1}{2}$	cup of sour cream
$\frac{1}{2}$	tablespoons of light brown sugar	$\frac{1}{4}$	cup of light brown sugar	$\frac{1}{4}$	teaspoon of salt
$\frac{1}{4}$	teaspoon of cinnamon	1	teaspoon of baking powder	1	egg
3	tablespoons of unsalted butter, melted	$\frac{1}{8}$	teaspoon of baking soda	1	teaspoon of vanilla
1	tablespoon of unsalted butter, melted	$\frac{1}{2}$	teaspoon of cinnamon	A nonstick cooking spray	
3	tablespoons of all-purpose flour	$\frac{1}{8}$	teaspoon of salt		

Method

1. MIX all the crumb topping ingredients together until they form coarse crumbs, then set aside.
2. COMBINE the flour, brown sugar, baking powder, baking soda, cinnamon, and salt together in a large bowl.
3. WHISK the sour cream, butter, egg, and vanilla together in a separate bowl until well combined.
4. MIX the wet ingredients with the dry ingredients until thoroughly combined.
5. SELECT Preheat on the air fryer, adjust to 350°F, then press Start/Pause.
6. GREASE muffin cups with the cooking spray and pour the batter in until the cups are $\frac{3}{4}$ full.
7. SPRINKLE the top of the muffins with the crumb topping.
8. PLACE the muffin cups into the preheated air fryer. If all the muffin cups do not fit at once, you may need to work in batches.
9. COOK the muffins at 350°F for 12 minutes.





Stuffed French Toast

PREP TIME: 4 minutes

COOK TIME: 10 minutes

Ingredients

- | | | |
|--|------------------------------|---------------------------------|
| 4 ounces of cream cheese | 2 tablespoons of milk | ½ teaspoon of vanilla extract |
| 2 eggs | 2 tablespoons of heavy cream | A nonstick cooking spray |
| 1 slice of brioche bread, 2½ inches thick,
preferably a stale bread | 3 tablespoons of sugar | Chopped Pistachios, for topping |
| | 1 teaspoon of cinnamon | Maple syrup, for serving |

Method

1. SELECT Preheat on the air fryer, adjust to 350°F, then press Start/Pause.
2. CUT a slit in the middle of the brioche slice.
3. STUFF the inside of the slit with cream cheese. Set aside.
4. WHISK together the eggs, milk, heavy cream, sugar, cinnamon, and vanilla extract.
5. SOAK the stuffed French toast in the egg mixture for 10 seconds on each side.
6. SPRAY each side of the French toast with cooking spray.
7. PLACE the French toast in the preheated air fryer and cook for 10 minutes at 350°F.
8. REMOVE the French toast carefully with a spatula when done cooking.
9. SERVE topped with chopped pistachios and maple syrup.



BBQ Bacon

PREP TIME: 2 minutes

COOK TIME: 8 minutes

Ingredients

- | | | | |
|---|--------------------------------|---|----------------------------|
| 1 | tablespoon of dark brown sugar | ¼ | teaspoon of cayenne pepper |
| 2 | teaspoons of chili powder | 4 | slices of bacon, halved |
| ¼ | teaspoon of ground cumin | | |

Method

1. MIX the seasonings together until well combined.
2. DREDGE the bacon in the seasoning until fully coated, then set aside.
3. SELECT Preheat on the air fryer, adjust to 320°F, then press Start/Pause.
4. PLACE the bacon into the preheated air fryer.
5. SELECT Bacon and press Start/Pause.

Breakfast Pizza

PREP TIME: 5 minutes

COOK TIME: 8 minutes

Ingredients

- | | | | |
|---|--------------------------------------|----|----------------------------------|
| 2 | teaspoons of olive oil | 1 | egg |
| 1 | premade pizza dough (7 inches) | 2 | garlic cloves, minced |
| 1 | ounce low-moisture mozzarella cheese | 1½ | tablespoons of cilantro, chopped |
| 2 | slices of smoked ham | | |

Method

1. BRUSH olive oil on top of the premade pizza dough.
2. ADD mozzarella cheese and smoked ham onto the dough.
3. SELECT Preheat on the air fryer, adjust to 350°F, then press Start/Pause.
4. PLACE the pizza into the preheated air fryer and cook for 8 minutes at 350°F.
5. REMOVE the basket after 5 minutes and crack the egg on top of the pizza.
6. PLACE the basket back into the air fryer and finish cooking. Garnish with chopped cilantro and serve.





02

Entrées

For HiCOZY Air Fryer



Santa Maria Ribeye

PREP TIME: 11 minutes

COOK TIME: 6 minutes

Ingredients

- | | |
|--|--------------------------------|
| ¾ teaspoon of kosher salt | A pinch of dried rosemary |
| ¾ teaspoon of finely ground black pepper | A pinch of cayenne pepper |
| ¾ teaspoon of garlic powder | A pinch of dried sage |
| ¾ teaspoon of onion powder | 1 ribeye (16 ounces), boneless |
| ¾ teaspoon of dried oregano | 1 tablespoon of olive oil |

Method

1. SELECT Preheat on the air fryer and press Start/Pause.
2. MIX the seasonings together and evenly sprinkle them over the steak.
3. DRIZZLE 1 tablespoon of olive oil onto the steak.
4. PLACE the steak in the preheated air fryer.
5. SELECT Steak and press Start/Pause.
6. REMOVE the steak from the air fryer when the cooking is done. Leave it to cool off for 10 minutes before slicing and serving.

New York Steak with Chimichurri

PREP TIME: 10 minutes

COOK TIME: 6 minutes

Ingredients

Chimichurri Sauce

$\frac{1}{4}$ cup of extra-virgin olive oil

$\frac{3}{4}$ cup of fresh basil

$\frac{3}{4}$ cup of cilantro

$\frac{3}{4}$ cup of parsley

4 anchovy fillets

1 small shallot

2 garlic cloves, peeled

1 lemon, juiced

A pinch of crushed red pepper

Steak

2 teaspoons of vegetable oil

1 New York strip steak (16 ounces)

Salt & pepper, to taste

Method

1. COMBINE all the chimichurri sauce ingredients in a blender, and blend them to the desired consistency.
2. SELECT Preheat on the air fryer and press Start/Pause.
3. RUB vegetable oil onto the steak and season with salt and pepper.
4. PLACE the steak into the preheated air fryer. Select Steak, set the time to 6 minutes (this will cook the steak medium rare), then press Start/Pause.
5. ALLOW the steak to cool off for 5 minutes when finished. Then slice, top off with the chimichurri sauce, and serve.





Steak Sandwich

PREP TIME: 5 minutes

COOK TIME: 6 minutes

Ingredients

1 ribeye (16 ounces), boneless	½ teaspoon of black pepper	Salt & pepper, to taste
1 tablespoon of olive oil	½ cup of sour cream	Toasted sesame seed buns, for serving
1 teaspoon of salt	1 small shallot, minced	Baby arugula, for serving
2 teaspoons of chives, freshly chopped	½ teaspoon of lemon juice	Shallots, sliced, for serving
3 tablespoons of prepared white horseradish, drained		

Method

1. SELECT Preheat on the air fryer and press Start/Pause.
2. COAT your steak with olive oil and season with salt and pepper.
3. PLACE the steak into the preheated air fryer.
4. SELECT Steak and press Start/Pause.
5. MIX the sour cream, horseradish, chives, shallots, and lemon juice together in a small bowl.
6. SEASON the horseradish cream with salt and pepper to taste.
7. REMOVE the meat from the air fryer when done cooking, and let it cool off for 5 to 10 minutes before slicing.
8. ASSEMBLE your sandwich by adding some of the horseradish cream to the bottom bun along with the baby arugula, sliced shallots, and the sliced steak.



Balsamic Mustard Flank Steak

PREP TIME: 2 hours and 10 minutes

COOK TIME: 6 minutes

Ingredients

- | | |
|--------------------------------|--------------------------|
| ¼ cup of olive oil | 16 ounces of flank steak |
| ¼ cup of balsamic vinegar | Salt & pepper, to taste |
| 2 tablespoons of Dijon mustard | 4 basil leaves, sliced |

Method

1. COMBINE and whisk together the olive oil, balsamic vinegar, and mustard to make a marinade.
2. PLACE steak directly into the marinade. Cover it with a plastic wrap and marinate in the fridge for 2 hours or overnight.
3. REMOVE the steak and marinade from the fridge and leave it at room temperature.
4. SELECT Preheat on the air fryer and press Start/Pause.
5. PLACE the steak into the preheated air fryer, select Steak, then press Start/Pause.
6. SLICE the steak at an appropriate angle to cut through tough muscle. Season with salt and pepper, garnish with basil, and serve.

Italian Meatballs

PREP TIME: 15 minutes

COOK TIME: 8 minutes

Ingredients

- | | |
|--------------------------------|---|
| ½ pound of ground beef (75/25) | 2 teaspoons of dried oregano |
| ¼ cup of panko breadcrumbs | 1 tablespoon of dried parsley |
| ⅓ cup of milk | Salt & pepper, to taste |
| 1 egg | 3 tablespoons of Parmesan cheese, grated, plus more for serving |
| 1 teaspoon of garlic powder | A nonstick cooking spray |
| 1 teaspoon of onion powder | Marinara sauce, for serving |

Method

1. COMBINE and thoroughly mix the ground beef, breadcrumbs, milk, egg, spices, salt, pepper, and Parmesan.
2. ROLL the meat mixture into medium-sized balls. Set them aside in the fridge for 10 minutes.
3. SELECT Preheat on the air fryer and press Start/Pause.
4. REMOVE the meatballs from the fridge and add to the preheated air fryer basket. Spray the meatballs with the cooking spray and cook at 400°F for 8 minutes.
5. SERVE with marinara sauce and more grated Parmesan.



Mediterranean Lamb Meatballs

PREP TIME: 35 minutes

COOK TIME: 10 minutes

Ingredients

1	pound of ground lamb	1	teaspoon of ground cumin	2	tablespoons of parsley, finely chopped
3	garlic cloves, minced	½	teaspoon of hot sauce	1	tablespoon of fresh lemon juice
¾	teaspoon of salt	½	teaspoon of chili powder	1	teaspoon of lemon zest
¼	teaspoon of black pepper	1	scallion, minced	2	teaspoons of olive oil
1½	tablespoons of mint, freshly chopped				

Method

1. MIX the lamb, garlic, salt, pepper, mint, cumin, hot sauce, chili powder, scallion, parsley, lemon juice, and lemon zest together until thoroughly combined.
2. FORM the lamb into 9 balls. Set them aside in the fridge for 30 minutes.
3. SELECT Preheat on the air fryer and press Start/Pause.
4. COAT the meatballs in olive oil and place in the preheated air fryer.
5. SELECT Steak, set the time to 10 minutes, then press Start/Pause.





Japanese Meatballs

PREP TIME: 15 minutes

COOK TIME: 10 minutes

Ingredients

- | | | | | | |
|----|-----------------------------------|---|---------------------------|---|-------------------------|
| 1 | pound of ground beef | 4 | scallions, finely chopped | 3 | tablespoons of mirin |
| 1 | tablespoon of sesame oil | 1 | teaspoon of salt | 1 | tablespoon of sake |
| 1 | tablespoon of Awase miso paste | ½ | teaspoon of black pepper | 1 | tablespoon of water |
| 10 | fresh mint leaves, finely chopped | 3 | tablespoons of soy sauce | ½ | teaspoon of brown sugar |

Method

1. MIX the ground beef, sesame oil, miso paste, mint leaves, scallions, salt, and pepper together until everything is thoroughly mixed.
2. ADD a small amount of sesame oil to your hands and form a mixture into 2-inch meatballs. You should have about 8 meatballs.
3. ALLOW the meatballs to sit in the fridge for 10 minutes.
4. CREATE the glaze for the meatballs by mixing together the soy sauce, mirin, sake, water, and brown sugar. Set it aside once it's thoroughly mixed.
5. SELECT Preheat on the air fryer and press Start/Pause.
6. ARRANGE the chilled meatballs in the preheated air fryer.
7. SELECT Steak, adjust time to 10 minutes, then press Start/Pause.
8. BRUSH the meatballs with the glaze every 2 minutes.



Roasted Garlic & Herb Chicken

PREP TIME: 35 minutes

COOK TIME: 20 minutes

Ingredients

3 chicken thighs, bone-in, skin on	2 tablespoons of garlic powder	½ teaspoon of dried thyme
3 chicken legs, skin on	1 teaspoon of salt	½ teaspoon of dried rosemary
2 tablespoons of olive oil	½ teaspoon of black pepper	½ teaspoon of dried tarragon

Method

1. COAT the chicken thighs and legs in olive oil and all listed seasonings. Allow to marinate for 30 minutes.
2. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
3. PLACE the chicken into the preheated air fryer.
4. SELECT Chicken, adjust time to 20 minutes, then press Start/Pause.

Barbeque Chicken

PREP TIME: 30 minutes

COOK TIME: 20 minutes

Ingredients

½ tablespoon of smoked paprika	1 tablespoon of kosher salt	½ teaspoon of white pepper
½ tablespoon of garlic powder	1 teaspoon of cumin	1 pound of chicken legs, skin on
½ tablespoon of onion powder	½ teaspoon of cayenne pepper	½ pound of chicken wings
½ tablespoon of chili powder	½ teaspoon of black pepper	Barbeque sauce, for basting & serving
½ tablespoon of brown sugar		

Method

1. COMBINE all the seasonings together in a small bowl.
2. SPRINKLE the seasoning over the chicken, and allow it to marinate for 30 minutes.
3. SELECT Preheat on the air fryer, adjust the settings to 380°F, then press Start/Pause.
4. PLACE the wings in the preheated air fryer.
5. SELECT Chicken, adjust time to 20 minutes, then press Start/Pause.
6. BRUSH the chicken with some barbecue sauce every 5 minutes.
7. REMOVE the chicken from the air fryer when the cooking is done.
8. SERVE with some more barbecue sauce on the side.



Garlic Lemon Chicken Legs

PREP TIME: 3 minutes

COOK TIME: 20 minutes

Ingredients

- | | | | | | |
|---|-----------------------------|----|---------------------------|---|--------------------------|
| 2 | tablespoons of olive oil | 2 | teaspoons of paprika | ½ | teaspoon of black pepper |
| 1 | lemon, juiced & zested | 1½ | teaspoons of salt | ½ | teaspoon of brown sugar |
| 1 | tablespoon of garlic powder | 1 | teaspoon of dried oregano | 6 | chicken legs, skin on |

Method

1. MAKE the marinade by mixing together the olive oil, lemon juice, lemon zest, garlic powder, paprika, salt, oregano, black pepper, and brown sugar in a small bowl.
2. COVER the chicken legs in the marinade and let them sit for 30 minutes.
3. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
4. PLACE the chicken thighs in the preheated air fryer.
5. SELECT Chicken, adjust the cooking time to 20 minutes, then press Start/Pause.





Mustard-Roasted Chicken Thighs

PREP TIME: 3 minutes

COOK TIME: 20 minutes

Ingredients

- | | |
|--------------------------------|------------------------------------|
| 2 tablespoons of Dijon mustard | ¼ teaspoon of paprika |
| 1 tablespoon of maple syrup | ¼ teaspoon of salt |
| ½ teaspoon of onion powder | ¼ teaspoon of black pepper |
| ½ teaspoon of garlic powder | 4 chicken thighs, bone-in, skin on |

Method

1. MIX the mustard, maple syrup, onion powder, garlic powder, paprika, salt, and black pepper together in a small bowl.
2. COAT the chicken thighs in the mustard glaze and set aside.
3. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
4. PLACE the chicken thighs in the preheated air fryer, and top them off with any remaining glaze.
5. SELECT Chicken, adjust time to 20 minutes, then press Start/Pause.



Chicken Tikka Drumsticks

PREP TIME: 1 hour

COOK TIME: 20 minutes

Ingredients

1/3 cup of coconut milk	1 teaspoon of turmeric	1 tablespoon of ginger, grated
1 1/2 tablespoons of tomato paste	1 teaspoon of cardamom	1 teaspoon of salt
1 teaspoon of garam marsala	1 teaspoon of garlic powder	4 chicken drumsticks
1 teaspoon of cumin		

Method

1. COMBINE everything, except the chicken, into a bowl and mix thoroughly.
2. SOAK the chicken legs in the coconut marinade, and toss until they are completely coated. Marinate in the fridge for up to 1 hour.
3. SELECT Preheat on the air fryer, adjust to 350°F, then press Start/Pause.
4. REMOVE the chicken legs from the fridge and put them into the preheated air fryer.
5. COOK at 350°F for 20 minutes.
6. SERVE with steamed basmati rice.

Honey Lemon Chicken

PREP TIME: 1 hour

COOK TIME: 15 minutes

Ingredients

- | | | | |
|---|--|---|----------------------------------|
| 3 | tablespoons honey, plus more for drizzle | 4 | chicken thighs, bone-in, skin on |
| 1 | tablespoon of soy sauce | | Salt, to taste |
| 1 | lemon, juiced | | Lemon slices, for garnish |
| 2 | garlic cloves, minced | | |

Method

1. COMBINE honey, soy sauce, lemon juice, and garlic in a bowl and mix. Soak the chicken thighs in the mix and marinate for up to 1 hour.
2. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
3. PLACE chicken thighs into the preheated air fryer.
4. SELECT Chicken, adjust cooking time to 15 minutes, then press Start/Pause.
5. PULL OUT the basket from the air fryer when 5 minutes remain on the timer. Baste the chicken with more marinade, and slide the basket back in to finish cooking.
6. SEASON with salt, drizzle with honey, and garnish with lemon slices.





Five-Spice Sticky Chicken

PREP TIME: 2 hours 5 minutes

COOK TIME: 12 minutes

Ingredients

- | | |
|--|--|
| 3 tablespoons of hoisin sauce | 4 tablespoons of honey, divided |
| 1 tablespoon of oyster sauce | 2 tablespoons of dark soy sauce, divided |
| 3 garlic cloves, finely grated | 4 chicken thighs, boneless, skin on |
| 2 teaspoons of Chinese Five-Spice Powder | |

Method

1. COMBINE the hoisin, oyster sauce, garlic, Chinese Five-Spice Powder, 2 tablespoons of honey, and 1 tablespoon of dark soy sauce in a large bowl. Add the chicken thighs and mix until fully coated. Marinate for at least 2 hours.
2. SELECT Preheat on the air fryer, adjust the cooking temperature to 380°F, then press Start/Pause.
3. PLACE the chicken thighs into the preheated air fryer basket.
4. SELECT Chicken, adjust the cooking time to 12 minutes, then press Start/Pause.
5. MIX the remaining honey and soy sauce together in a small bowl.
6. BRUSH the top of the chicken with the honey-soy sauce after 8 minutes of cooking. Then, return to the air fryer and finish cooking for the remaining 4 minutes.
7. SERVE with steamed Chinese broccoli and rice.

Fried Chicken

PREP TIME: 2 hours

COOK TIME: 25 minutes

Ingredients

2	chicken legs	1	teaspoon of garlic powder	1	teaspoon of salt
2	chicken thighs, bone-in, skin on	1	teaspoon of onion powder	2	tablespoons of oil
1	cup of buttermilk	1	teaspoon of paprika		A nonstick cooking spray
1½	cups of all-purpose flour	½	teaspoon of black or white pepper		

Method

1. COMBINE the chicken legs, thighs, and buttermilk in a ziplock bag. Marinate for 1 to 1½ hours.
2. MIX the flour, spices, and salt in a bowl.
3. REMOVE the chicken legs and thighs from the bag and cover in flour. Make sure the chicken is completely covered. Then, place on a cooling rack for 15 minutes.
4. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
5. DAB a basting brush into the oil and gently brush each side of the chicken legs and thighs.
6. PLACE the legs and thighs into the preheated air fryer.
7. SELECT Chicken and press Start/Pause.
8. FLIP the chicken halfway through cooking and spray with the cooking spray.
9. ALLOW to cool for 5 minutes when the cooking is done, then serve.





03

Appetizers

For HiCOZY Air Fryer



Prosciutto-Wrapped Asparagus

PREP TIME: 5 minutes

COOK TIME: 10 minutes

Ingredients

12 spears of asparagus

2 teaspoons of olive oil

Salt & pepper, to taste

12 prosciutto slices

Method

1. SELECT Preheat on the air fryer, adjust to 300°F, then press Start/Pause.
2. CUT off the woody ends of the asparagus spears and discard.
3. DRIZZLE AND COAT the asparagus spears with oil. Season with salt and pepper.
4. WRAP 1 slice of prosciutto around each asparagus spear, top to bottom, and place into the preheated air fryer.
5. SELECT Vegetables, set time for 10 minutes, then press Start/Pause.



Dry Rubbed Chicken Wings

PREP TIME: 5 minutes

COOK TIME: 30 minutes

Ingredients

1 tablespoon of granulated garlic
1 chicken bouillon cube, reduced sodium
1 teaspoon of salt
1 tablespoon of salt-free garlic and herb seasoning blend

1 teaspoon of black pepper
1 teaspoon of smoked paprika
1 teaspoon of cayenne pepper
1 teaspoon of Old Bay seasoning, reduced sodium

1 teaspoon of onion powder
½ teaspoon of dried oregano
1 pound of chicken wings
A nonstick cooking spray
Ranch, for serving

Method

1. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
2. COMBINE seasonings in a bowl and mix well.
3. SEASON the chicken wings with half of the seasoning blend and spray liberally with the cooking spray.
4. PLACE the chicken wings into the preheated air fryer.
5. SELECT Chicken, adjust time to 30 minutes, then press Start/Pause.
6. SHAKE the basket halfway through cooking.
7. TRANSFER the wings into a bowl and sprinkle with the other half of the seasoning until they are well coated.
8. SERVE with a side of ranch.

Mongolian Chicken Wings

PREP TIME: 15 minutes

COOK TIME: 25 minutes

Ingredients

1½ pounds of chicken wings	¼ cup of honey	1 tablespoon of fresh ginger, grated
1½ tablespoons of vegetable oil	2 tablespoons of rice wine vinegar	1 green onion, chopped, for garnish
¼ cup of low-sodium soy sauce	1 tablespoon of Sriracha	
Salt & pepper, to taste	3 garlic cloves, minced	

Method

1. **SELECT** Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
2. **TOSS** the chicken wings, oil, salt, and pepper together until well coated.
3. **PLACE** coated chicken wings into the preheated air fryer.
4. **SELECT** Chicken and press Start/Pause.
5. **COMBINE** soy sauce, honey, rice wine vinegar, Sriracha, garlic, and ginger in a saucepan.
6. **BRING** to a simmer until the flavors meld and the glaze reduces slightly, about 10 minutes.
7. **TRANSFER** wings, after 20 minutes, into a large bowl and toss with the glaze.
8. **RETURN** wings to the air fryer basket and finish cooking for the remaining 5 minutes.
9. **GARNISH** with green onions and serve.





Honey-Sriracha Wings

PREP TIME: 5 minutes

COOK TIME: 30 minutes

Ingredients

½ teaspoon of smoked paprika
½ teaspoon of garlic powder
½ teaspoon of onion powder
½ teaspoon of salt

¼ teaspoon of black pepper
2 tablespoons of cornstarch
1 pound of chicken wings
A nonstick cooking spray

⅓ cup of honey
⅓ cup of Sriracha
1 tablespoon of rice wine vinegar
¼ teaspoon of sesame oil

Method

1. MIX the smoked paprika, garlic powder, onion powder, salt, black pepper, and cornstarch together.
2. TOSS the wings in the seasoned cornstarch until all the wings are evenly coated.
3. SPRAY the wings with the cooking spray and mix around until all the wings are coated with oil. Set aside.
4. SELECT Preheat, adjust to 380°F, then press Start/Pause.
5. PLACE the wings in the preheated air fryer.
6. SELECT Chicken, adjust time to 30 minutes, then press Start/Pause.
7. SHAKE the basket halfway through cooking.
8. WHISK together the honey, Sriracha, rice wine vinegar, and sesame oil in a large bowl.
9. TOSS the cooked wings in the sauce until they are well coated and serve.

Garlic Parmesan Chicken Wings

PREP TIME: 5 minute

COOK TIME: 25 minutes

Ingredients

- | | |
|-----------------------------------|----------------------------|
| 2 tablespoons of cornstarch | Salt & pepper, to taste |
| 4 tablespoons of Parmesan, grated | 1½ pounds of chicken wings |
| 1 tablespoon of garlic powder | A nonstick cooking spray |

Method

1. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
2. COMBINE the cornstarch, Parmesan, garlic powder, salt, and pepper in a bowl.
3. TOSS the chicken wings into the seasoning and dredge until the wings are well coated.
4. SPRAY the air fryer basket with the cooking spray and add the wings, spraying the top of the chicken wings as well.
5. SELECT Chicken and press Start/Pause. Make sure to shake the basket halfway through cooking.
6. SPRINKLE with the leftover Parmesan mix and serve.



Jerk Chicken Wings

PREP TIME: 5 minute

COOK TIME: 25 minutes

Ingredients

2 teaspoons of ground thyme	1 teaspoon of onion powder	$\frac{1}{8}$ teaspoon of salt
2 teaspoons of dried rosemary	1 teaspoon of cinnamon	$\frac{1}{4}$ cup of vegetable oil
2 teaspoons of allspice	1 teaspoon of paprika	1-2 pounds of chicken wings
2 teaspoons of ground ginger	1 teaspoon of chili powder	1 lime, juiced
1 teaspoon of garlic powder	$\frac{1}{2}$ teaspoon of nutmeg	

Method

1. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
2. COMBINE all spices and oil together in a bowl to make a marinade.
3. TOSS the chicken wings in the marinade until wings are well coated.
4. PLACE the chicken wings into the preheated air fryer.
5. SELECT Chicken and press Start/Pause.
6. SHAKE the basket halfway through cooking.
7. REMOVE the wings and place on a serving platter.
8. SQUEEZE fresh lime juice over wings and serve.





Homemade Tortilla Chips

PREP TIME: 2 minutes

COOK TIME: 8 minutes

Ingredients

3 corn tortillas (6-inch), cut into 8 pieces each

1 tablespoon of olive oil

½ teaspoon of salt

Salsa, for serving

Method

1. CUT the tortillas in half, then each half into quarters, making a total of 8 pieces per tortilla.
2. SELECT Preheat on the air fryer, adjust to 300°F, then press Start/Pause.
3. TOSS the tortillas in the olive oil and salt until all the chips are well coated.
4. PLACE the tortillas chips in the preheated air fryer and cook for 8 minutes at 300°F.
5. SHAKE the basket halfway through cooking.
6. SERVE with salsa.



Pigs in a Blanket

PREP TIME: 5 minutes

COOK TIME: 10 minutes

Ingredients

- ½ sheet of puff pastry, thawed
- 16 cocktail-size smoked link sausages
- 1 tablespoon of milk

Method

1. SELECT Preheat on the air fryer and press Start/Pause.
2. CUT the puff pastry into 2½ x 1½-inch strips.
3. PLACE a cocktail sausage on one end of the puff pastry and wrap the dough around the sausage, sealing the dough together with some water.
4. BRUSH the upside (seam-side down) of the wrapped sausages with milk and place in the preheated air fryer.
5. COOK at 400°F for 10 minutes, or until golden brown.

Sausage-Stuffed Mushrooms

PREP TIME: 5 minutes

COOK TIME: 23 minutes

Ingredients

- | | | | | | |
|---|---|---|-----------------------------------|---|-------------------------|
| 2 | tablespoons of Italian style breadcrumbs | 6 | extra-large crimini mushrooms | ¼ | large onion, diced |
| 1 | tablespoon of parsley, freshly chopped | 3 | tablespoons of olive oil, divided | 1 | garlic clove, minced |
| 4 | ounces of sweet Italian sausage, casing removed | ¼ | cup of Parmesan cheese, grated | | Salt & pepper, to taste |
| ½ | cup of mozzarella cheese, shredded, plus more for topping | | | | |

Method

1. REMOVE the mushroom stems from the caps. Mince the stems and set aside.
2. SPOON out the insides of the mushroom caps to create more room for the stuffing. Set aside.
3. HEAT a pan on medium-high heat.
4. ADD 1 tablespoon of olive oil, minced mushrooms stems, and diced onions to the pan and cook for 5 minutes.
5. ADD the garlic and cook for 1 minute.
6. ADD the Italian sausage and cook until brown, about 5 minutes, then set aside.
7. MIX the sausage with the breadcrumbs, mozzarella, Parmesan, and parsley.
8. SEASON to taste with salt and pepper.
9. STUFF the mushrooms until full and top with more mozzarella cheese.
10. DRIZZLE the rest of the oil on the mushrooms.
11. SELECT Preheat on the air fryer, adjust to 320°F, and allow it to heat up.
12. PLACE the stuffed mushrooms into the preheated air fryer.
13. COOK the mushrooms at 320°F for 12 minutes until the cheese is golden brown and bubbly.





Fried Mozzarella Bites

PREP TIME: 10 minutes

COOK TIME: 8 minutes

Ingredients

6 pieces of string cheese	¼ teaspoon of black pepper	1 teaspoon of dried parsley flakes
2 tablespoons of all-purpose flour	2 beaten eggs	A nonstick cooking spray
1 teaspoon of cornstarch	1 tablespoon of milk	Marinara sauce or ranch, for serving
½ teaspoon of salt	1 cup of panko breadcrumbs	

Method

1. CUT the string cheese into thirds, making 18 pieces.
2. MIX the flour, cornstarch, salt, and pepper together in a bowl. Whisk the eggs and milk together in a separate bowl.
Combine the panko breadcrumbs and parsley flakes in an additional bowl.
3. COAT each piece of the cheese with flour, then dip in egg. Then, roll in breadcrumbs. Dip in egg and breadcrumbs again.
4. SELECT Preheat on the air fryer, adjust to 350°F, then press Start/Pause.
5. SET the mozzarella bites in a freezer while the air fryer is preheating.
6. PLACE the coated mozzarella bites into the preheated air fryer and spray liberally with the cooking spray.
7. SELECT Frozen Foods, set time for 8 minutes, then press Start/Pause.
8. SHAKE the basket halfway through cooking (the Shake Reminder function will let you know when).
9. SERVE with a side of your favorite marinara sauce, or even better, ranch.

Fried Pickles

PREP TIME: 10 minutes

COOK TIME: 8 minutes

Ingredients

- | | |
|----------------------------|------------------------------|
| 4 large dill pickles | 1 teaspoon of paprika |
| ½ cup of all-purpose flour | ⅛ teaspoon of cayenne pepper |
| 2 beaten eggs | A nonstick cooking spray |
| ½ cup of breadcrumbs | Salt & pepper, to taste |

Method

1. DRY the dill pickles very well with a clean kitchen towel and cut into spears.
2. SET UP a dredging station using 3 shallow bowls. Fill the first shallow dish with flour. Beat the egg in the second dish. Then, combine the breadcrumbs and spices until thoroughly mixed into the last dish.
3. SELECT Preheat on the air fryer, adjust to 360°F, then press Start/Pause.
4. COAT the pickles by dredging them first in the flour, then the egg, and then the breadcrumbs, pressing the crumbs on gently with your hands. Set the coated pickles on a tray and spray them on all sides with the cooking spray.
5. ADD the pickles to the preheated air fryer and cook at 360°F for 10 minutes, turning them over halfway through cooking and spraying lightly again, if necessary.
6. SERVE with your favorite dipping sauce.



Bacon-Wrapped Stuffed Jalapeños

PREP TIME: 10 minutes

COOK TIME: 16 minutes

Ingredients

- | | |
|--|---------------------------|
| 6 medium jalapeños, halved lengthwise & deseeded | Salt & pepper, to taste |
| ¼ pound of ground pork | 6 strips of bacon, halved |
| 2 ounces of cheddar cheese | |

Method

1. CUT the jalapeños in half, lengthwise, and remove all seeds, then set aside.
2. COMBINE the ground pork, cheddar, salt, and pepper in a bowl and mix until well combined.
3. SPOON about 1 tablespoon of pork mixture into each jalapeño half.
4. PUT the jalapeño halves back together and wrap each jalapeño with bacon.
5. SELECT Preheat on the air fryer, adjust to 320°F, then press Start/Pause.
6. PLACE the bacon-wrapped jalapeños into the preheated air fryer.
7. SELECT Bacon, adjust time to 16 minutes, then press Start/Pause.
8. SERVE with your favorite dipping sauce.





Bacon-Wrapped Shrimp

PREP TIME: 5 minutes

COOK TIME: 16 minutes

Ingredients

- | | | | |
|----|---------------------------------|---|------------------------------------|
| 16 | jumbo shrimp, peeled & deveined | 1 | teaspoon of onion powder |
| 1 | teaspoon of garlic powder | ¼ | teaspoon of ground black pepper |
| 1 | teaspoon of paprika | 8 | strips of bacon, sliced lengthwise |

Method

1. PLACE the jumbo shrimp in a bowl and season with spices.
2. WRAP the bacon around the shrimp, starting at the top and finishing at the tail, and secure them with toothpicks.
3. SELECT Preheat on the air fryer, adjust to 320°F, then press Start/Pause.
4. ADD half the shrimp to the preheated air fryer.
5. SELECT Bacon and press Start/Pause. When the cooking is finished, set aside.
6. REPEAT with the other batch of the shrimp.
7. DRAIN any excess grease on a paper towel and serve.



Coconut Shrimp

PREP TIME: 8 minutes

COOK TIME: 8 minutes

Ingredients

¼ cup of all-purpose flour	½ teaspoon of paprika, divided	½ cup of unsweetened flaked coconut
1 teaspoon of salt, divided	2 large eggs, beaten	½ pound of large shrimp, peeled
½ teaspoon of black pepper, divided	1 tablespoon of milk	(tails left on) & deveined
½ teaspoon of garlic powder, divided	¼ cup of panko breadcrumbs	A nonstick cooking spray

Method

1. MIX the flour and half of the seasonings and spices together in one bowl. Whisk together the eggs and milk in a separate bowl.
2. COMBINE the panko breadcrumbs, coconut, and the other half of the seasonings and spices in an additional bowl.
3. COAT each shrimp with flour, dip in egg, and then roll in breadcrumbs and coconut. Dip in egg and crumbs again, then set aside.
4. SELECT Preheat on the air fryer, adjust to 350°F, then press Start/Pause.
5. ADD the shrimp evenly into the preheated air fryer and spray with the nonstick cooking spray.
6. SELECT Frozen Foods, adjust time to 8 minutes, then press Start/Pause.
7. FLIP the shrimp halfway through cooking (the Shake Reminder function will let you know when).

Scotch Egg

PREP TIME: 10 minutes

COOK TIME: 15 minutes

Ingredients

10 ounces of ground pork sausage	½ teaspoon of salt	1 egg, beaten
½ teaspoon of garlic powder	¼ teaspoon of black pepper	¾ cup of Italian style breadcrumbs
½ teaspoon of onion powder	4 eggs, medium boiled, peeled	A nonstick cooking spray
½ teaspoon of dried sage	½ cup of all-purpose flour	

Method

1. MIX the sausage, garlic powder, onion powder, sage, salt, and pepper together. Divide into four balls.
2. WRAP the sausage around each of the peeled medium boiled eggs until the egg is fully covered.
3. COAT each sausage-covered egg with flour, then dip in the beaten egg, and roll in breadcrumbs. Dip in the egg and breadcrumbs again.
4. SELECT Preheat on the air fryer, adjust to 350°F, then press Start/Pause.
5. SPRAY the scotch eggs liberally with the cooking spray.
6. PLACE the scotch eggs in the preheated air fryer.
7. SELECT Frozen Foods, adjust time to 15 minutes, then press Start/Pause. Make sure to flip the eggs halfway through cooking (the Shake Reminder function will let you know when).





04

Sides
For HiCOZY Air Fryer



Homemade French Fries

PREP TIME: 30 minutes

COOK TIME: 28 minutes

Ingredients

- | | |
|---|-------------------------------|
| 2 russet potatoes, cut into 3 x ½-inch strips | 1 teaspoon of paprika |
| 1 liter of cold water, for soaking potatoes | Salt & pepper, to taste |
| 2 tablespoons of oil | Ketchup or ranch, for serving |
| 1 teaspoon of garlic powder | |

Method

1. CUT the potatoes into 3 x ½-inch strips and soak in a bowl of water for 15 minutes.
2. DRAIN the potatoes, rinse with cold water, and pat dry with paper towels.
3. ADD oil and spices to the potatoes, and toss them until they are evenly coated.
4. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
5. ADD the potatoes to the preheated air fryer.
6. SELECT French Fries, set the cooking time to 28 minutes, then press Start/Pause. Make sure to shake the basket halfway through cooking (the Shake Reminder function will let you know when).
7. REMOVE the basket from the air fryer when the fries are finished cooking. Season with salt and pepper.
8. SERVE with ketchup or ranch.

Sweet Potato Fries

PREP TIME: 5 minutes

COOK TIME: 10 minutes

Ingredients

- | | |
|--|-----------------------------|
| 2 large sweet potatoes, cut into ½-inch thick strips | ½ teaspoon of paprika |
| 2 tablespoons of oil | ½ teaspoon of garlic powder |
| 2 teaspoons of salt | ½ teaspoon of onion powder |
| ½ teaspoon of black pepper | |

Method

1. CUT the sweet potatoes into ½-inch thick strips.
2. SELECT Preheat on the air fryer and press Start/Pause.
3. ADD the cut sweet potatoes to a large bowl and toss with oil until they are evenly coated.
4. SPRINKLE in the salt, black pepper, paprika, garlic powder, and onion powder. Mix well.
5. PLACE fries in the preheated basket and cook for 10 minutes at 400°F. Make sure to shake the basket halfway through cooking.





Cajun French Fries

PREP TIME: 30 minutes

COOK TIME: 28 minutes

Ingredients

- | | |
|---|---------------------------------|
| 2 russet potatoes, peeled & cut into 3x ½-inch strips | 1 tablespoon of Cajun seasoning |
| 1 liter of cold water | ¼ teaspoon of cayenne pepper |
| 2 tablespoons of oil | Ketchup or ranch, for serving |

Method

1. CUT the potatoes into 3x ½-inch strips and soak them in water for 15 minutes.
2. DRAIN the potatoes, rinse with cold water, and pat dry with paper towels.
3. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
4. ADD oil to the potato slices, and toss until they are evenly coated.
5. ADD the potatoes to the preheated air fryer.
6. SELECT French Fries, set the cooking time to 28 minutes, then press Start/Pause. Make sure to shake the basket halfway through cooking (the Shake Reminder function will let you know when).
7. REMOVE the basket from the air fryer when done cooking, and season the fries with the Cajun seasoning and cayenne pepper.
8. SERVE with ketchup or ranch.



Zucchini Fries

PREP TIME: 10 minutes

COOK TIME: 8 minutes

Ingredients

- | | |
|--|---|
| 2 medium zucchini, cut into $\frac{3}{4}$ -inch thick strips | 1 tablespoon of milk |
| $\frac{1}{2}$ cup of all-purpose flour | $\frac{3}{4}$ cup of seasoned Italian panko breadcrumbs |
| 2 teaspoons of salt | $\frac{1}{4}$ cup of Parmesan cheese, grated |
| $\frac{1}{2}$ teaspoon of black pepper | A nonstick cooking spray |
| 2 eggs, beaten | Ranch, for serving |

Method

1. CUT the zucchini into $\frac{3}{4}$ -inch thick strips.
2. MIX the flour, salt, and pepper together in a dish. Whisk the eggs and milk in a separate dish. Combine the breadcrumbs and Parmesan cheese in another dish.
3. COAT each zucchini strip in flour. Then, dip them in the eggs and finish off with rolling them in the breadcrumbs. Set aside once they're complete.
4. SELECT Preheat on the air fryer, adjust to 350°F, then press Start/Pause.
5. PLACE the coated zucchini evenly into the preheated air fryer, and spray with the nonstick cooking spray.
6. SELECT Frozen Foods, set the cooking time to 8 minutes, then press Start/Pause.
7. SHAKE the basket halfway through cooking (the Shake Reminder function will let you know when).
8. SERVE with a side of ranch.

Avocado Fries

PREP TIME: 15 minutes

COOK TIME: 10 minutes

Ingredients

- | | | | | | |
|---|--|---|----------------------------|---|-------------------------------|
| 2 | avocados, cut into 1-inch thick wedges | ½ | teaspoon of smoked paprika | 2 | eggs, beaten |
| 1 | cup of panko breadcrumbs | ¼ | teaspoon of cayenne | | A nonstick cooking spray |
| ½ | teaspoon of garlic powder | | Salt & pepper, to taste | | Ketchup or ranch, for serving |
| ½ | teaspoon of onion powder | ½ | cup of all-purpose flour | | |

Method

1. CUT the avocados into 1-inch thick wedges.
2. COMBINE the breadcrumbs, garlic powder, onion powder, smoked paprika, cayenne, salt, and pepper in a bowl.
3. DREDGE each avocado wedge in the flour. Next, dip them in the beaten eggs. Finally, roll them in the breadcrumb mixture.
4. SELECT Preheat on the air fryer and press Start/Pause.
5. PLACE the avocado fries into the preheated air fryer basket, spray with the cooking spray, and cook at 400°F for 10 minutes.
6. FLIP the avocado fries halfway through cooking time and add more cooking spray.
7. SERVE with ketchup or ranch for dipping.





Greek Fries

PREP TIME: 30 minutes

COOK TIME: 28 minutes

Ingredients

- | | |
|--|--|
| 2 russet potatoes, cut into 3x ½-inch strips | 2 ounces of feta cheese, crumbled |
| 1 liter of cold water, for soaking potatoes | 1 tablespoon of flat leaf parsley, chopped |
| 2 tablespoons of oil | 1 tablespoon of fresh oregano |
| 1 teaspoon of garlic powder | Salt & pepper, to taste |
| 1 teaspoon of paprika | Lemon wedges, for serving |

Method

1. CUT the potatoes into 3x ½-inch strips and soak in water for 15 minutes.
2. DRAIN the potatoes, rinse with cold water, and pat dry with paper towels.
3. ADD oil, garlic powder, and paprika to the potatoes, tossing until they are evenly coated.
4. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
5. ADD the potatoes to the preheated air fryer.
6. SELECT French Fries, adjust the cooking time to 28 minutes, then press Start/Pause. Make sure to shake the basket halfway through cooking (the Shake Reminder function will let you know when).
7. REMOVE the basket from the air fryer when the cooking is finished, and top off the fries with feta cheese, parsley, oregano, salt, and pepper.
8. SERVE with lemon wedges.

Potato Wedges

PREP TIME: 3 minutes

COOK TIME: 20 minutes

Ingredients

- | | | | |
|----|---|---|---------------------------------------|
| 2 | large russet potatoes, rinsed & cut into 4-inch long wedges | ½ | teaspoon of salt |
| 1½ | tablespoons of olive oil | ¼ | teaspoon of black pepper |
| 1 | teaspoon of garlic powder | 1 | tablespoon of Parmesan cheese, grated |
| ½ | teaspoon of onion powder | | Ketchup or ranch, for serving |

Method

1. CUT the potatoes into 4-inch long wedges.
2. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
3. COAT the potatoes in olive oil and toss with the seasonings and Parmesan cheese until evenly coated.
4. ADD the potatoes to the preheated air fryer.
5. SELECT French Fries, set the time to 20 minutes, then press Start/Pause.
6. SHAKE the basket halfway through cooking (the Shake Reminder function will let you know when).
7. SERVE with ketchup or ranch.



Potato Chips

PREP TIME: 40 minutes

COOK TIME: 25 minutes

Ingredients

- | | |
|--|---------------------------|
| 2 liters of water | 1 tablespoon of olive oil |
| 1 tablespoon of salt | Salt & pepper, to taste |
| 2 large russet potatoes, thinly sliced | |

Method

1. MIX the water and salt together in a large bowl until all the salt dissolves.
2. THINLY SLICE the potatoes. Using a mandoline is highly recommended (use a 1.5mm blade).
3. SOAK the potatoes in the salt water for 30 minutes.
4. DRAIN the potatoes and pat them dry.
5. SELECT Preheat on the air fryer, adjust to 330°F, then press Start/Pause.
6. COAT the potato slices with olive oil.
7. LAYER the oil-coated potatoes in the preheated air fryer.
8. COOK the potatoes at 330°F for 25 minutes. Make sure to shake the basket halfway through cooking.
9. SEASON the potatoes with salt and pepper when the cooking is done.





Onion Rings

PREP TIME: 10 minutes

COOK TIME: 20 minutes

Ingredients

- | | | |
|--|---------------------|----------------------------|
| 1 cup of panko breadcrumbs | 1 teaspoon of salt | ½ cup of all-purpose flour |
| 1 teaspoon of smoked paprika | 2 eggs | A nonstick cooking spray |
| 1 small white onion, cut into ½-inch thick rounds & separated into rings | 1 cup of buttermilk | |

Method

1. SLICE the onion into ½-inch thick rounds and separate the layers into rings.
2. COMBINE the breadcrumbs, paprika, and salt in a bowl. Set aside.
3. WHISK the eggs and buttermilk together until fully mixed.
4. DREDGE each onion ring into the flour. Next, dip them in the beaten eggs. Finally, dip them in the breadcrumb mixture.
5. SELECT Preheat on the air fryer, adjust to 370°F, then press Start/Pause.
6. SPRAY the onion rings liberally with the cooking spray.
7. PLACE the onion rings in a single layer in the preheated air fryer basket, and cook in batches at 370°F for 10 minutes until they are golden brown. Be sure to use cooking spray in between to ensure they are uniformly cooked.
8. SERVE with your favorite dipping sauce.



Blooming Onion

PREP TIME: 2 hours 15 minutes

COOK TIME: 25 minutes

Ingredients

- | | | |
|----------------------------|------------------------------|------------------------------------|
| 1 large onion | 2 teaspoons of garlic powder | 1¼ cups of water |
| 1 cup of all-purpose flour | 1 teaspoon of chili powder | ½ cup of Italian style breadcrumbs |
| 1 tablespoon of paprika | ½ teaspoon of black pepper | A nonstick cooking spray |
| 2 teaspoons of salt | ½ teaspoon of dried oregano | |

Method

1. PEEL onion and cut off the top. Place cut-side down onto a cutting board.
2. CUT downward from the center outward, making 8 evenly spaced cuts around the onion. Ensure your slit cuts through all of the layers, but leave the onion connected in the center. Set aside.
3. COVER the onion in ice water for at least 2 hours, then dry.
4. MIX the flour, paprika, salt, garlic powder, chili powder, black pepper, oregano, and water in a bowl until it forms a batter.
5. SELECT Preheat on the air fryer and press Start/Pause.
6. COAT the onion with the batter, ensuring each layer is covered. Sprinkle breadcrumbs over the top and bottom of the onion.
7. SPRAY the bottom of the air fryer with the cooking spray and place the onion inside, cut-side up, and spray the top with cooking spray.
8. COOK the onion at 400°F for 10 minutes, then reduce the temperature to 350°F and continue cooking for an additional 15 minutes.

Hasselback Potatoes

PREP TIME: 3 minutes

COOK TIME: 40 minutes

Ingredients

- | | |
|---|---|
| 4 medium russet potatoes, washed & scrubbed | ¼ teaspoon of garlic powder |
| 2 tablespoons of olive oil | 2 tablespoons of butter, melted |
| 2 teaspoons of salt | 2 tablespoons of freshly chopped parsley, for garnish |
| ½ teaspoon of black pepper | |

Method

1. WASH AND SCRUB the potatoes thoroughly. Pat them dry with a paper towel.
2. CUT slits into each potato, about ¼-inch apart, being careful not to cut all the way through. Leave about ½ inch intact at the bottom of each potato so the slices stay connected.
3. SELECT Preheat on the air fryer, adjust to 350°F, then press Start/Pause.
4. COVER the potatoes with olive oil, and evenly season with salt, black pepper, and garlic powder.
5. ADD the potatoes into the preheated air fryer, and cook for 30 minutes at 350°F.
6. BRUSH the melted butter onto the potatoes and cook for another 10 minutes at 350°F.
7. GARNISH with freshly chopped parsley.





Roasted Potatoes

PREP TIME: 3 minutes

COOK TIME: 20 minutes

Ingredients

- | | |
|---|------------------------------|
| 1½ pounds of small new potatoes, cleaned & halved | ½ teaspoon of garlic powder |
| 2 tablespoons of olive oil | ¼ teaspoon of dried thyme |
| ½ teaspoon of salt | ¼ teaspoon of dried rosemary |
| ¼ teaspoon of black pepper | |

Method

1. SELECT Preheat on the air fryer, adjust to 380°F, then press Start/Pause.
2. COAT the halved potatoes in olive oil and toss with the seasonings.
3. PLACE the potatoes into the preheated air fryer.
4. SELECT French Fries, set the time for 20 minutes, then press Start/Pause. Make sure to shake the basket halfway through cooking (the Shake Reminder function will let you know when).

Honey-Roasted Carrots

PREP TIME: 5 minutes

COOK TIME: 12 minutes

Ingredients

- | | |
|--|-------------------------|
| 1 pound of heirloom rainbow carrots, peeled & washed | 2 sprigs of fresh thyme |
| 1 tablespoon of olive oil | Salt & pepper, to taste |
| 2 tablespoons of honey | |

Method

1. PAT the carrots dry with a paper towel and set aside.
2. SELECT Preheat on the air fryer and press Start/Pause.
3. TOSS the carrots in a bowl with olive oil, honey, thyme, salt, and pepper.
4. ADD the carrots to the preheated air fryer.
5. SELECT Root Vegetables and press Start/Pause. Make sure to shake the basket halfway through cooking (the Shake Reminder function will let you know when).
6. SERVE hot.





Roasted Garlic Broccoli

PREP TIME: 3 minutes

COOK TIME: 10 minutes

Ingredients

- | | |
|---|----------------------------|
| 1 large head broccoli, cut into florets | ½ teaspoon of salt |
| 1 tablespoon of olive oil | ¼ teaspoon of black pepper |
| 1 teaspoon of garlic powder | |

Method

1. SELECT Preheat on the air fryer, adjust to 300°F, then press Start/Pause.
2. DRIZZLE the broccoli with olive oil and toss together until evenly coated.
3. TOSS the broccoli with the seasonings.
4. ADD the broccoli to the preheated air fryer.
5. SELECT Vegetables and press Start/Pause.

Honey-Soy Carrots

PREP TIME: 5 minutes

COOK TIME: 12 minutes

Ingredients

- | | |
|---|-------------------------|
| 1 tablespoon of olive oil | 1 teaspoon of honey |
| 1 pound of young carrots (6-inch), rinsed,
scrubbed clean & patted dry | 1 teaspoon of soy sauce |
| | Salt & pepper, to taste |

Method

1. SELECT Preheat on the air fryer and press Start/Pause.
2. COAT the carrots in olive oil and toss in the honey and soy sauce.
3. PLACE the carrots in the preheated air fryer.
4. SELECT Root Vegetables and press Start/Pause. Make sure to shake the basket halfway through cooking (the Shake Reminder function will let you know when).
5. SEASON with salt and pepper when you're finished cooking.





05

Desserts
For HiCOZY Air Fryer



Cinnamon Rolls

PREP TIME: 1 hour 20 minutes

COOK TIME: 12 minutes

Ingredients

Cream Cheese Frosting

½ cup of cream cheese, room temperature

1 cup of powdered sugar

½ cup of unsalted butter, room temperature

½ teaspoon of vanilla extract

Cinnamon Roll

1 cup of milk, warm

¼ cup of unsalted butter, melted

¼ cup of white sugar

½ packet of active dry yeast

2½ teaspoons of ground cinnamon

½ teaspoon of baking powder

1 teaspoon of salt

¼ cup of unsalted butter, softened

½ cup of dark brown sugar

2½ cups of all-purpose flour,
plus more for dusting

Method

1. MIX all the frosting together ingredients until thoroughly mixed, ensuring there are no lumps, then set aside.
2. COMBINE the warm milk, melted butter, white sugar, and active dry yeast in a large bowl and allow to bloom for 1 minute.
3. MIX in 2 cups of all-purpose flour until combined and cover with a towel for 1 hour and place in a warm area of your house.
4. MIX in the remaining flour, baking powder, and salt.
5. KNEAD the dough on a floured surface and roll out to a ¼-inch thickness.
6. SPREAD the softened butter on the dough, and sprinkle the dark brown sugar and cinnamon on top.
7. ROLL the cinnamon rolls tightly beginning at the long edge, until a log of dough has been formed.
8. CUT the dough into 1 to 1½-inch slices, place onto a lightly buttered sheet pan, and cover with a towel for 30 minutes.
9. SELECT Preheat on the air fryer, adjust to 330°F, then press Start/Pause.
10. PLACE the cinnamon rolls on parchment paper and into the preheated air fryer.
11. COOK the cinnamon rolls at 330°F for 12 minutes.
12. SPREAD the cream cheese frosting on top when the cooking is done.

Chocolate Soufflé

PREP TIME: 10 minutes

COOK TIME: 13 minutes

Ingredients

Butter, for greasing	3 ounces of bittersweet chocolate, chopped	2 tablespoons of all-purpose flour
Sugar, for coating	2 eggs, yolks separated from whites	3 tablespoons of sugar
¼ cup of unsalted butter	½ teaspoon of pure vanilla extract	Powdered sugar, for dusting

Method

1. GREASE two 6-ounce ramekins with butter. Sprinkle sugar into the ramekins, shaking to spread around, then dumping out the excess.
2. MELT the chocolate and butter together in the microwave in 30 second intervals until the chocolate is fully melted; it typically takes from 30 seconds to 1 minute.
3. WHISK the egg yolks and vanilla extract vigorously into the melted chocolate to prevent scrambling. Stir in the flour until there are no lumps and set aside to cool.
4. BEAT the egg whites in a large bowl with an electric mixer at medium speed until they just hold soft peaks.
5. ADD the sugar, a little at a time, continuing to beat at medium speed, then increasing to high speed until whites just hold stiff peaks, then set aside.
6. SELECT Preheat on the air fryer, adjust to 330°F, then press Start/Pause.
7. STIR about ½ cup of the whites into the chocolate mixture to lighten. Then, add chocolate mixture to the remaining whites, folding gently but thoroughly.
8. SPOON batter into the ramekins and place into the preheated air fryer.
9. BAKE the soufflés at 330°F for 13 minutes.
10. DUST the soufflés with powdered sugar and serve immediately.





Banana Nut Bread

PREP TIME: 10 minutes

COOK TIME: 40 minutes

Ingredients

¼ cup of unsalted butter, softened

½ cup of sugar

1 egg, beaten

2 overripe bananas, mashed

¼ teaspoon of vanilla extract

¾ cups of all-purpose flour

½ teaspoon of baking soda

½ teaspoon of salt

⅓ cup of chopped walnuts

A nonstick cooking spray

Method

1. CREAM together the butter and sugar.
2. MIX in the egg, mashed bananas, and vanilla, then Set aside.
3. SELECT Preheat on the air fryer, adjust to 300°F, then press Start/Pause.
4. SIFT together the flour, baking soda, and salt.
5. FOLD the dry ingredients into the wet until combined. Mix in the chopped walnuts.
6. GREASE 1 mini loaf pan and then fill with batter. Place into the preheated air fryer.
7. SELECT Desserts, adjust to 40 minutes, then press Start/Pause.

Mini Apple Pies

PREP TIME: 35 minutes

COOK TIME: 10 minutes

Ingredients

2½ tablespoons of granulated sugar	½ teaspoon of ground cinnamon	1 sheet of premade pie dough
1 tablespoon of unsalted butter	⅙ teaspoon of ground nutmeg	1 egg, beaten
1 medium apple, peeled & diced into bite-sized pieces	⅙ teaspoon of ground allspice	1 teaspoon of milk

Method

1. COMBINE the diced apples, granulated sugar, butter, cinnamon, nutmeg, and allspice together in a medium saucepan or skillet over low-medium heat. Bring to a simmer.
2. SIMMER for 2 minutes, then remove from the heat.
3. ALLOW the apples to cool, uncovered at room temperature, for 30 minutes.
4. CUT the pie dough into 5-inch circles.
5. ADD the fillings to the center of each pie crust circle and use your finger to apply water to the outer ends. Some fillings will be left over.
6. CRIMP the pie shut and cut a small slit on the top.
7. SELECT Preheat on the air fryer, adjust to 350°F, and press Start/Pause.
8. MIX the egg and milk together to make an egg wash and brush the tops of each pie.
9. PLACE the pies into the preheated air fryer and cook at 350°F for 10 minutes, until the pies are golden brown.





Rustic Pear Tart with Walnuts

PREP TIME: 1 hour and 10 minutes

COOK TIME: 45 minutes

Ingredients

1½ teaspoons of water	1½ teaspoons of cornstarch	¾ cup plus ½ tablespoon of all-purpose flour
¼ teaspoon of salt	2 tablespoons of brown sugar	1 tablespoon of turbinado sugar
1 egg, beaten	¼ teaspoon of ground cinnamon	1 large pear, peeled, quartered & thinly sliced
1 tablespoon of honey	1 tablespoon of granulated sugar	6 tablespoons of unsalted butter, cold, cut into ½-inch pieces
A pinch of salt	2 tablespoons of water, ice-cold	
A nonstick cooking spray	Toasted walnuts, chopped, for garnish	

Method

- MIX the ¾ cup flour, salt, and granulated sugar in a large bowl until combined.
- CUT the butter into the mixture using a pastry blender or food processor until it forms coarse crumbs.
- ADD the cold water and mix until it combines.
- FORM the dough in a bowl, cover with plastic wrap, and chill in the fridge for 1 hour.
- MIX the filling ingredients together in a bowl until combined.
- ROLL out your chilled dough until it is 8½ inches in diameter.
- ADD the ½ tablespoon of flour onto the top of the pastry leaving 1½ inches unfloured.
- LAY the pear slices in decorative, overlapping circles on top of the floured part of the crust. Spoon any remaining pear juice over the slices. Fold the border over the filling.
- COVER the borders with beaten egg and sprinkle the turbinado sugar all over the tart, then set aside.
- SELECT Preheat on the air fryer, adjust to 350°F, then press Start/Pause.
- SPRAY the preheated air fryer with the cooking spray and place the tart inside.
- SELECT Bread, adjust time to 45 minutes, then press Start/Pause.
- MIX the honey and water together and brush the tart when it is done cooking.
- GARNISH with toasted chopped walnuts.

Lemon Pound Cake

PREP TIME: 10 minutes

COOK TIME: 30 minutes

Ingredients

1 cup of all-purpose flour	6 tablespoons of unsalted butter, softened	1 tablespoon of fresh lemon juice
1 teaspoon of baking powder	$\frac{3}{4}$ cup of granulated sugar	1 lemon, zested
$\frac{1}{8}$ teaspoon of salt	1 large egg	$\frac{1}{4}$ cup of buttermilk

Method

1. MIX the flour, baking powder, and salt together in a bowl, then set aside.
2. ADD the softened butter to an electric mixer and beat until it's light and fluffy; typically takes about 3 minutes.
3. BEAT the sugar into the whipped butter for 1 minute.
4. BEAT the flour mixture into the butter until fully incorporated, about 1 minute.
5. ADD in the egg, lemon juice, and lemon zest. Mix on low speed until fully incorporated.
6. POUR in the buttermilk slowly while mixing at medium speed.
7. ADD the batter to a greased mini loaf pan all the way to the top. You may have some batter left over.
8. SELECT Preheat on the air fryer, adjust to 320°F, then press Start/Pause.
9. PLACE the pound cake into the preheated air fryer.
10. SELECT Bread, adjust time to 30 minutes, then press Start/Pause.





Blueberry Lemon Muffins

PREP TIME: 10 minutes

COOK TIME: 15 minutes

Ingredients

½ teaspoon of lemon juice	¼ teaspoon of baking soda	1 lemon, zested
½ cup of coconut milk or soy milk	¼ teaspoon of salt	½ teaspoon of vanilla extract
1 cup of all-purpose flour	¼ cup of granulated sugar	1 cup of fresh blueberries
1 teaspoon of baking powder	3 tablespoons of coconut oil, liquidated	A nonstick cooking spray

Method

1. COMBINE the lemon juice and coconut milk in a small bowl, then set aside.
2. MIX the flour, baking powder, baking soda, and salt together in a separate bowl and set aside.
3. BLEND together sugar, coconut oil, lemon zest, and vanilla extract in an additional bowl. Then, combine with coconut-lemon mixture and stir to combine.
4. MIX your dry mixture gradually into the wet mixture until smooth. Then, gently fold in blueberries.
5. SELECT Preheat on the air fryer, adjust to 300°F, then press Start/Pause.
6. GREASE muffin cups with the cooking spray and pour batter in until cups are ¾ full.
7. PLACE the muffin cups carefully into the preheated air fryer. Select Desserts, adjust time to 15 minutes, then press Start/Pause.
8. REMOVE muffins when done cooking and let them cool down for 10 minutes. Then serve.



Chocolate Espresso Muffins

PREP TIME: 10 minutes

COOK TIME: 15 minutes

Ingredients

- | | | |
|---|---------------------------------------|------------------------------------|
| 1 cup of all-purpose flour | $\frac{1}{2}$ teaspoon of baking soda | 1 teaspoon of vanilla extract |
| $\frac{1}{2}$ cup of cocoa powder | $\frac{1}{4}$ teaspoon of salt | 1 teaspoon of apple cider vinegar |
| $\frac{3}{4}$ cup of light brown sugar | 1 large egg | $\frac{1}{3}$ cup of vegetable oil |
| $\frac{1}{2}$ teaspoon of baking powder | $\frac{3}{4}$ cup of milk | A nonstick cooking spray |
| $\frac{1}{2}$ teaspoon of espresso powder | | |

Method

1. MIX the flour, cocoa powder, sugar, baking powder, espresso powder, baking soda, and salt together in a large bowl.
2. WHISK the egg, milk, vanilla, vinegar, and oil in a separate bowl.
3. MIX the wet ingredients into the dry mixture until combined.
4. GREASE the muffin cups with cooking spray and pour batter in until cups are $\frac{3}{4}$ full.
5. SELECT Preheat on the air fryer, adjust to 300°F, then press Start/Pause.
6. PLACE the muffin cups carefully into the preheated air fryer. You may need to work in batches.
7. SELECT Desserts, adjust time to 15 minutes, then press Start/Pause.

Coconut Macaroons

PREP TIME: 10 minutes

COOK TIME: 15 minutes

Ingredients

$\frac{1}{3}$ cup of sweetened condensed milk

1 egg white

$\frac{1}{4}$ teaspoon of almond extract

$\frac{1}{4}$ teaspoon of vanilla extract

$\frac{1}{8}$ teaspoon of salt

$1\frac{3}{4}$ cups shredded, unsweetened coconut

Method

1. MIX the condensed milk, egg white, almond extract, vanilla extract, and salt together in a bowl.
2. ADD in $1\frac{1}{2}$ cups shredded coconut and mix until well combined. Mixture should be able to hold its shape.
3. FORM $1\frac{1}{2}$ -inch balls with your hands. On a separate plate, add $\frac{1}{4}$ cup of shredded coconut.
4. ROLL the coconut macaroons into the shredded coconut until covered.
5. SELECT Preheat on the air fryer, adjust to 300°F, then press Start/Pause.
6. ADD the coconut macaroons to the preheated air fryer.
7. SELECT Desserts, adjust time to 15 minutes, then press Start/Pause.
8. LET macaroons cool for 5 to 10 minutes when the cooking is done, then serve.





Orange Cranberry Muffins

PREP TIME: 10 minutes

COOK TIME: 15 minutes

Ingredients

1 cup of all-purpose flour	¼ teaspoon of salt	¼ cup of vegetable oil
⅔ cup of sugar	1 cup of cranberries	1 orange, zested
1 teaspoon of baking powder	1 egg	A nonstick cooking spray
¼ teaspoon of baking soda	⅓ cup of orange juice	

Method

1. MIX the flour, sugar, baking powder, baking soda, salt, and cranberries together in a large bowl.
2. WHISK the egg, orange juice, oil, and orange zest in a separate bowl.
3. MIX the wet ingredients into the dry ones until combined.
4. GREASE the muffin cups with the cooking spray and pour batter in until the cups are ¾ full.
5. SELECT Preheat on the air fryer, adjust to 300°F, then press Start/Pause.
6. PLACE the muffin cups carefully into the preheated air fryer. You may need to work in batches.
7. SELECT Desserts, adjust time to 15 minutes, then press Start/Pause.

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