

AIR FYER

COOKING TIMES

EACH AIR FRYER RUNS
A TOUCH DIFFERENTLY,
THESE ARE ONLY
ESTIMATES

VEGETABLES

Asparagus
400 F 5 m

Broccoli 300 F 8-10m

Brussels
400 F 8-10m

Carrots
380 F 12-15m

Corn on the Cob
380 F 8m

VEGETABLES

Green Beans
390 F 10m

Sweet Potato Cubes
400 F 12-14m

Zucchini
400F 4-6m

Baked Potato
390 F 35m

FROZEN FOOD

French Fries (thin)
380 F 14-16m

French Fries (thick)
380 F 18-20m

Onion Rings
380 F 8m

BAKING

Muffins
300 F 15m

Cupcakes
300 F 15m

Brownies
320 F 20m



CINDY GORDON
VEGETARIAN MAMMA