



OLIVIA WINDROW

AIR FRYER COOKBOOK FOR BEGINNERS



**5 BONUS RECIPES
JUST FOR YOU**





5 DELICIOUS BONUS RECIPES JUST FOR YOU

From the brand-new cookbook coming very soon!

A Note from the Author

Hi there, friend! 🙌

Thank you so much for grabbing a copy of my cookbook. I truly hope it's bringing more flavor and ease to your kitchen!

As a special thank-you, I've created this little gift for you — a colorful, step-by-step collection of 5 tasty recipes from my upcoming book.

This is an exclusive sneak peek you won't find anywhere else. Each recipe is adapted for the air fryer, made with simple ingredients, full of vibrant photos, and packed with love in every bite. 🥰

**With love and gratitude,
Olivia Windrow**

EGG MELT TOAST



A cozy breakfast classic made right in your air fryer! Perfectly toasted bread with a gooey egg center and melty cheese crust. Simple, hearty, and guaranteed to make your morning better.

Ingredients:

- 2 slices of sandwich bread
- 2 eggs
- 2 tsp olive oil
- 1/2 cup shredded mozzarella or cheddar
- Salt and pepper to taste

Nutrition (per toast):

- Calories: 290 kcal
- Protein: 14 g
- Fat: 17 g
- Carbohydrates: 18 g

Step-by-Step Instructions:

1

Drizzle with Oil

Drizzle olive oil over both slices of bread.



2

Cut the Hole

Use a round cutter (or a glass) to cut a hole in the center of each slice.



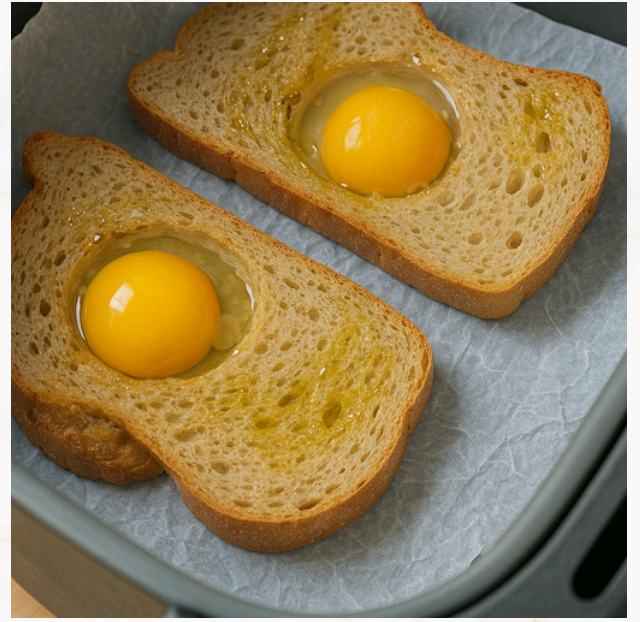
3 Place in Air Fryer

Lay the bread slices in the air fryer basket on parchment paper.



4 Add the Eggs

Crack one egg into each hole.



5 Add Cheese

Sprinkle shredded cheese generously over each slice.



6 Preheat

Preheat the air fryer to 375°F (190°C) for 2 minutes.

7 Cook

Cook at 375°F (190°C) for 6–8 minutes until the egg is set and cheese is bubbly.



8 Enjoy the Melt

Serve warm while the yolk is still runny and the top golden brown.

CHEESY HAM ROLL-UPS



Crispy on the outside, gooey and savory on the inside! These cheesy ham roll-ups are made with soft white bread, melty cheese, and smoky ham – the ultimate quick snack or breakfast-on-the-go. Kids love them, adults devour them!

Ingredients:

- 6 slices of white sandwich bread
- 6 tbsp shredded cheese (mozzarella or cheddar)
- 6 tbsp finely sliced ham or deli meat
- 1 egg (for brushing)
- Toothpicks (for sealing)

Nutrition (per toast):

- Calories: 175 kcal
- Protein: 9 g
- Fat: 10 g
- Carbohydrates: 12 g

Step-by-Step Instructions:

1

Flatten the Bread

Use a rolling pin to flatten each slice of bread.



2

Add Filling

Add 1 tablespoon of shredded cheese and 1 tablespoon of ham to the center.



3 Roll It Up

Gently roll the bread into a tight log.



4 Seal

Pinch the edge closed and secure with a toothpick.



5 Brush with Egg

Beat the egg and brush each roll evenly.



6 Air Fry

Place rolls into the air fryer basket on parchment paper.



7 Cook

Air fry at 375°F (190°C) for 6–7 minutes until golden brown.

8 Check the Inside

Rolls should be crispy outside, melty and stretchy inside. Serve hot! Delicious as is, or dip into ketchup or honey mustard.



CRISPY BACON CHEESE BITES



A quick and flavorful snack made with crispy toast, melted cheese, juicy tomatoes, and smoky bacon. Perfect for breakfast, party trays, or anytime cravings.

Ingredients:

- 3 slices of rye bread (cut into 9 strips)
- 9 slices of cheese (any firm or melty cheese)
- 2 ripe tomatoes (sliced thinly)
- 9 slices of bacon (thin-cut)

Nutrition (per toast):

- Calories: 190 kcal
- Protein: 9 g
- Fat: 13 g
- Carbohydrates: 8 g

Step-by-Step Instructions:

1

Slice the Bread

Cut 3 slices of bread into 9 even strips.



2

Add Cheese

Place a slice of cheese on each bread strip.



3 Add Tomato

Top with a thin slice of tomato.



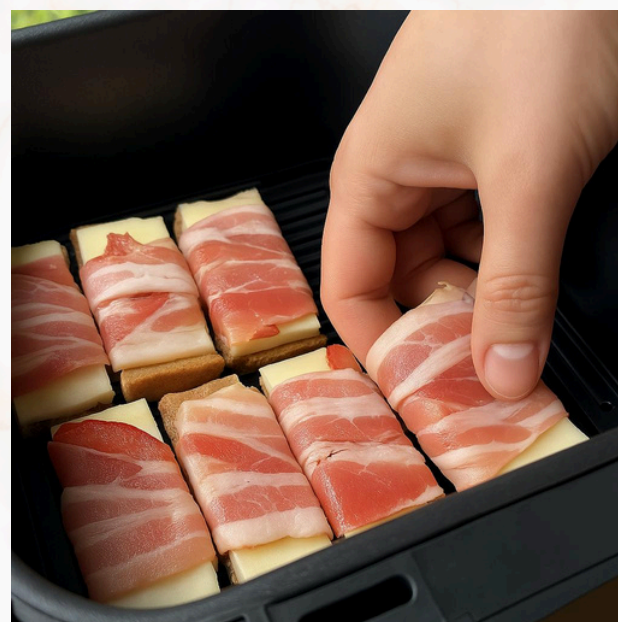
4 Wrap in Bacon

Wrap each piece with a slice of bacon to hold everything together.



5 Place in Air Fryer

Arrange all wrapped pieces in the air fryer basket.



6 Preheat

Preheat the air fryer to 400°F (200°C) for 2 minutes.

7 Cook

Cook at 400°F (200°C) for 8 minutes until golden and crispy. Serve hot! These bites are perfect with sour cream or dipping sauce.



EGG TORTILLA BAKE



This colorful tortilla bake is a delicious and protein-packed way to start the day. With fluffy scrambled eggs, juicy tomatoes, fresh spinach, and gooey cheese all baked in a crispy tortilla shell – it's breakfast in one bite!

Ingredients:

- 1 large tortilla
- 3 large eggs
- 1 cup baby spinach
- 6–8 cherry tomatoes, halved
- ½ cup mozzarella or cheese cubes
- Salt & black pepper (to taste)
- Optional: dried oregano or chili flakes for extra flavor

Nutrition (per toast):

- Calories: 310 kcal
- Protein: 17 g
- Fat: 18 g
- Carbohydrates: 21 g

Step-by-Step Instructions:

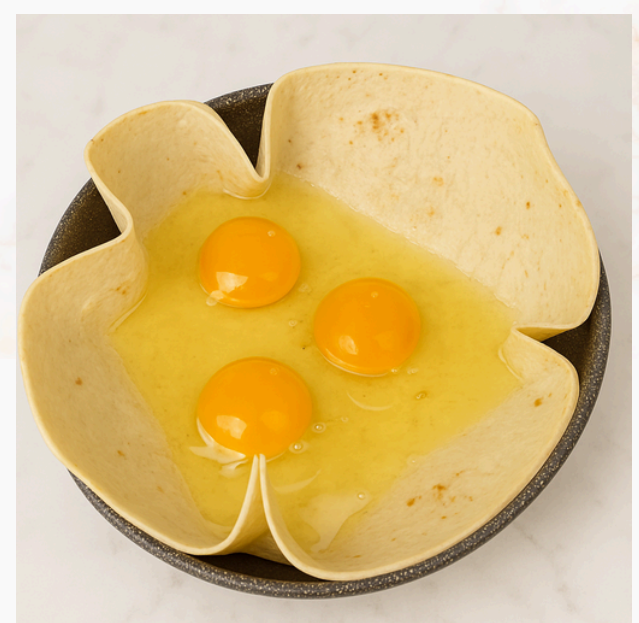
1 Shape the Tortilla

Place the tortilla in a heat-resistant dish to form a bowl shape.



2 Add the Eggs

Crack 3 eggs directly into the tortilla.



3

Whisk

Use a fork to beat the eggs until fully combined.



4

Add Greens and Tomatoes

Add baby spinach and halved cherry tomatoes over the eggs.



5

Add Cheese

Sprinkle the cheese cubes evenly on top.



6

Season

Season with salt, black pepper, and your favorite herbs or chili flakes.

7

Mix Lightly

Gently mix the filling with a fork to spread ingredients evenly.



8

Air Fry

Preheat the air fryer to 350°F (175°C) for 2 minutes. Place the dish into the basket and bake for 10–12 minutes until the eggs are set and the edges of the tortilla are crisp. Let cool slightly, slice, and serve! Perfect for breakfast or brunch.



APPLE RING DONUTS



Crispy on the outside, fluffy on the inside, and packed with fresh apple flavor — these air fryer apple ring donuts are a delicious guilt-free treat! No deep frying, just sweet perfection in every bite.

Ingredients:

- 2 eggs
- 3 tbsp granulated sugar
- 1 cup milk
- Zest of 1 lemon
- Pinch of salt
- 1 tsp vanilla extract or vanilla sugar
- 1 tsp baking powder
- 1 ½ cups all-purpose flour
- 3–4 tart apples (like Granny Smith)
- 1 tbsp lemon juice (for apples)
- Extra sugar for coating

Nutrition (per toast):

- Calories: 120 kcal
- Protein: 3 g
- Fat: 2 g
- Carbohydrates: 23 g

Step-by-Step Instructions:

1 Whisk the Eggs

In a large mixing bowl, lightly beat 2 eggs.



2 Add Sugar

Stir in 3 tbsp of sugar and a pinch of salt.



3 Pour in Milk

Add 1 cup of milk and whisk until smooth.



4 Add Lemon Zest & Vanilla

Mix in the lemon zest and vanilla.



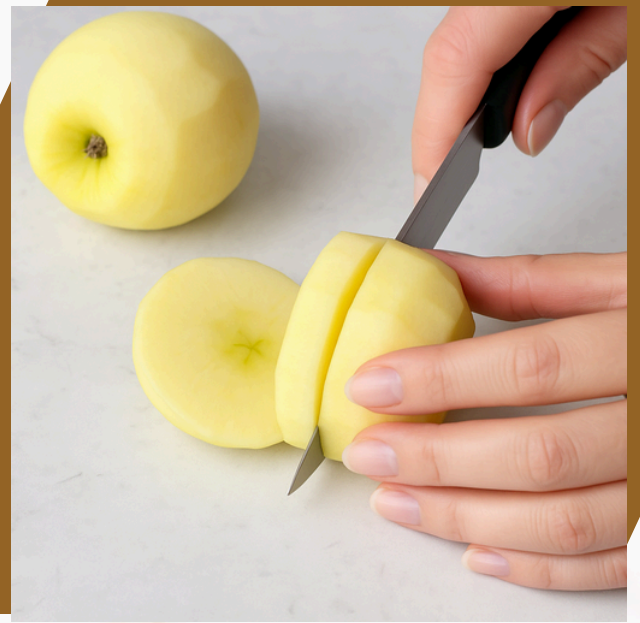
5 Add Dry Ingredients

Sift in the flour and baking powder. Mix until you get a smooth batter.



6 Prep the Apples

Peel the apples and slice into ½ inch rings.
Remove the cores.
Drizzle lemon juice over the apple rings to keep them from browning.



7 Coat in Batter

Dip each apple ring into the batter, coating fully.



8 Place in Air Fryer

Place on parchment paper inside the air fryer basket, leaving space between.
Air fry at 355°F (180°C) for 8–10 minutes, until golden brown.
While still hot, coat the donuts in sugar.
Soft, fluffy, and sweet — the perfect homemade treat.



🙏 Did you enjoy the recipes?

Your honest review means the world to me — and it helps others discover the book too!

If you have a moment, please leave a short review [on Amazon](#).

Even just a few words would be amazing. Thank you from the bottom of my heart! ❤️

P.S. These recipes are just a taste of what's coming next!

Stay tuned for my upcoming cookbook filled with even more air fryer goodness. 😊

**Cook with joy,
❤️ Olivia Windrow**