

# ♥ A Note from the Author



**Hi there, friend!** 🙌

I'm so happy you're here and truly hope you've been enjoying these delicious air fryer recipes — and their fun variations too!

Cooking should always feel easy, joyful, and inspiring — that's exactly why I create every recipe with love and care. If you've been experimenting with these ideas, I'd love to hear how they turned out!

Your feedback means the world to me.

If you have a moment, please leave a quick review on Amazon — it helps others discover my books and keeps me inspired to create even more tasty recipes for you.

And don't forget to stay tuned — more air fryer adventures are coming soon!



**With love and gratitude,  
Olivia Windrow**

# AIR FRYER PIZZA TOAST (4-INGREDIENT)

*Crispy bread layered with rich tomato sauce, savory ham, and gooey melted mozzarella – this easy pizza toast comes together in just 10 minutes for the ultimate quick comfort food fix!*



**PREP TIME | 5 MIN**

**COOK TIME | 10 MIN**

**YIELDS | 4 SERVES**

## INGREDIENTS

8 slices sandwich bread  
14 oz (400 g) shredded mozzarella  
cheese  
2 slices cooked ham

12 oz (350 g) tomato passata  
(puréed tomatoes)  
1 tbsp olive oil  
Salt, to taste

## NOTES & NUTRITION (PER SERVING)

You can replace ham with turkey slices or make it vegetarian by adding grilled vegetables.

For extra crispiness, lightly toast the bread before assembling. Use pepperoni instead of ham for a classic pizza taste.

Calories: 548 kcal

Protein: 50 g

Fat: 11 g

Carbohydrates: 62 g

## DIRECTIONS

- 1 Arrange 4 slices of bread in the air fryer basket (lined with parchment) or in a baking pan if using the oven.
- 2 In a small bowl, mix tomato passata with olive oil and a pinch of salt. Spread evenly over the bread slices.
- 3 Layer the ham slices on top, then sprinkle generously with shredded mozzarella.
- 4 Add another layer: bread, tomato sauce, and mozzarella.
- 5 Air fry at 355°F (180°C) for 10 minutes, or until the cheese is melted and golden.
- 6 Serve hot, garnished with fresh basil leaves if desired.



# AIR FRYER PARMESAN SLICED POTATOES

*Juicy shrimp, crisp-tender bell peppers, and onions tossed in a flavorful fajita seasoning – all cooked to perfection in the air fryer for a quick, healthy, and satisfying meal.*



**PREP TIME | 10 MIN**

**COOK TIME | 18 MIN**

**YIELDS | 4 SERVES**

## INGREDIENTS

44 medium potatoes, peeled and sliced into 1/4-inch (0.5 cm) rounds  
1/4 cup (25 g) fresh parmesan, grated  
2 Tbsp fresh parsley, chopped  
2 Tbsp cornstarch

1 tsp salt (or to taste)  
1/2 tsp pepper  
1 tsp onion powder  
1 tsp garlic powder  
1 tsp paprika  
2 tbsps extra virgin olive oil

## NOTES & NUTRITION (PER SERVING)

Soak potato slices 20 min in cold water, then pat dry for crispiness. Add chili powder for spice or swap parmesan with cheddar for richer taste.

Calories: 190 kcal  
Protein: 5 g  
Fat: 7 g  
Carbohydrates: 28 g

## DIRECTIONS

- 1 Peel and slice potatoes into rounds.
- 2 In a large bowl, toss potatoes with olive oil, cornstarch, salt, pepper, onion powder, garlic powder, and paprika until evenly coated.
- 3 Arrange potatoes in a single layer in the air fryer basket.
- 4 Air fry at **375°F (190°C)** for **15–18 minutes**, flipping halfway through, until golden and crispy.
- 5 Sprinkle with parmesan and parsley before serving.



# AIR FRYER CRISPY PEKING DUCK

*Juicy shrimp, crisp-tender bell peppers, and onions tossed in a flavorful fajita seasoning – all cooked to perfection in the air fryer for a quick, healthy, and satisfying meal.*



**PREP TIME | 20 MIN**

**COOK TIME | 25 MIN**

**YIELDS | 4 SERVES**

## INGREDIENTS

2 duck breasts (skin-on)  
2 tbsp honey  
1 tbsp soy sauce  
1 tbsp rice vinegar

1 tsp five-spice powder  
1 tsp salt  
1 bunch scallions, julienned  
Hoisin sauce, for serving

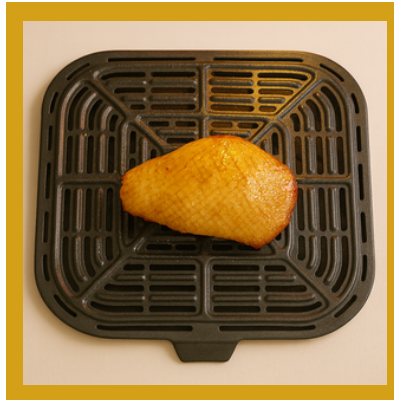
## NOTES & NUTRITION (PER SERVING)

Patting duck dry ensures crispier skin.  
Add an extra layer of glaze for a deeper flavor.  
Serve with thin pancakes or lettuce wraps.  
Sprinkle sesame seeds before serving.

Calories: 410 kcal  
Protein: 34 g  
Fat: 24 g  
Carbohydrates: 12 g

## DIRECTIONS

- 1 Prick duck skin all over with a skewer (avoid piercing meat).
- 2 Blanch duck breasts in boiling water for 2 minutes, then transfer to an ice bath. Pat dry.
- 3 In a bowl, mix honey, soy sauce, vinegar, five-spice, and salt. Brush glaze over duck skin.
- 4 Place duck breasts skin-side up in the air fryer basket. Cook at **350°F (175°C)** for **15 minutes**. Brush again with glaze.
- 5 Increase to **400°F (200°C)** and cook for **5–7 minutes** until skin is crispy and golden (internal temp 165°F / 74°C).
- 6 Rest 5 minutes before slicing thinly. Serve with hoisin sauce and scallions.



# CREAMY BROWNIES (4-INGREDIENT)

*Soft, fudgy brownies that melt in your mouth – ready in just 10 minutes! Gluten-free and dairy-free, perfect for a quick indulgence without the guilt.*



**PREP TIME** | 5 MIN

**COOK TIME** | 10 MIN

**YIELDS** | 4 SERVES

## INGREDIENTS

1 large egg  
1 medium ripe banana, mashed  
2 tbsp (15 g) unsweetened cocoa powder

1 tbsp + 1 tsp (15 g) sugar (or 2 tbsp erythritol)  
Optional: caramel sauce or your favorite spread for topping

## NOTES & NUTRITION (PER SERVING)

Use overripe bananas for natural sweetness and better texture.  
Adjust sugar to taste depending on banana ripeness.  
Top with peanut butter instead of caramel for a nutty twist.

Calories: 95 kcal  
Protein: 2 g  
Fat: 2 g  
Carbohydrates: 20 g

## DIRECTIONS

- 1 Mash the banana in a medium bowl until smooth.
- 2 Add the egg, cocoa powder, and sugar (or erythritol). Mix well until fully combined.
- 3 Line a small baking dish (about 6 x 4 inches) with parchment paper and pour in the batter.
- 4 Air fry at **350°F (180°C)** for **10 minutes**, or bake in a preheated oven at **375°F (190°C)** for **15–20 minutes**.
- 5 Allow to cool slightly, remove parchment, and slice.
- 6 Serve plain or topped with caramel sauce or your favorite spread.



# CINNAMON ROLLS WITH FROSTING

*These air fryer cinnamon rolls are golden on the outside, soft and fluffy inside, swirled with buttery cinnamon sugar and topped with cream cheese frosting. A shortcut treat that feels bakery-worthy!*



**PREP TIME** | 20 MIN

**COOK TIME** | 110 MIN

**YIELDS** | 4 SERVES

## INGREDIENTS

2 cups (265 g) all-purpose flour  
1/2 packet (3.5 g) active dry yeast  
Pinch of salt  
2 tbsp (25 g) sugar  
1 large egg  
3/4 cup (175 ml) warm milk  
2 1/2 tbsp (35 g) unsalted butter,  
softened

### **For the filling:**

1/4 cup (55 g) brown sugar  
1 tbsp ground cinnamon  
1 tbsp (15 g) unsalted butter,  
**softened**

### **For the frosting:**

1/4 cup (60 g) cream cheese,  
softened  
1 tbsp (15 g) unsalted butter,  
softened  
1/2 cup (60 g) powdered sugar  
1 tbsp milk

## NOTES & NUTRITION (PER SERVING)

Cover with foil if browning too fast.  
Best enjoyed warm the same day.  
Add pecans or raisins to filling.  
Swap cinnamon for pumpkin spice.

Calories: 350 kcal  
Protein: 7 g  
Fat: 15 g  
Carbohydrates: 48 g

## DIRECTIONS

- 1 Combine flour, yeast, salt, and sugar. Add egg and warm milk, stir until a dough forms.
- 2 Knead in butter for 8–10 minutes until smooth. Cover and rise 1.5 hours, until doubled.
- 3 Roll dough into a rectangle (1/4 in / 0.5 cm thick). Spread butter, sprinkle sugar and cinnamon.
- 4 Roll up and cut into 4 rolls. Place in lined air fryer basket, cover, and rise another 20–25 minutes.
- 5 Air fry at **320°F (160°C)** for **22–26 minutes**, until golden and cooked through. Tip: Check the center with a toothpick — it should come out clean.
- 6 Beat frosting ingredients until smooth and spread over warm rolls.

