

SECRET KITCHEN CLUB • STARTER PACK

AIR FRYER BREAKFAST STARTER PACK



5 no-fail recipes, a time + temp chart, crisp checklist,
common mistakes to avoid, and 2 quick breakfast extras

Olivia Windrow • Secret Kitchen Club

WELCOME

How to Use This Starter Pack

This starter pack was created to make air fryer breakfasts easier, crispier, and more reliable – especially if you're tired of soggy potatoes, uneven bacon, rubbery eggs, or guessing the right cooking time.

Inside you'll find 5 practical breakfast recipes, a quick time + temp chart, a breakfast checklist, common mistakes to avoid, and 2 easy extras to round out your morning.

Use this guide as a quick kitchen reference. Start with the recipe that sounds best to you, use the chart when you need fast timing, and come back to the checklist whenever you want better texture and more consistent results.

The goal of this starter pack is simple: to give you practical shortcuts and reliable techniques that make air fryer breakfast cooking easier – and better – every time.

*Enjoy Cooking,
Olivia Windrow*

What's Inside

- I** 5 No-Fail Breakfast Recipes

- II** Official Time + Temp Chart

- III** Breakfast Checklist + Common Fixes

- IV** 2 Quick Breakfast Extras

Crispy Air Fryer Bacon

TEMP	TIME	FLIP	DONENESS NOTE	SERVINGS
350°F	8–12 min	Yes (at 5 min)	8–10 min chewy-crisp 10–12 min crisp	2–4

Ingredients:

- 8 slices thick-cut bacon (about 12 oz / 340 g)
- Optional: black pepper

NO-FAIL NOTE:

Do not overcrowd the basket. Bacon touching bacon creates soft spots instead of even crisping. If your air fryer starts smoking, carefully pour off excess grease between batches and lower the heat slightly if needed.

Instructions:

- 1 If needed, cut bacon slices in half so they fit flat in the basket.
- 2 Preheat air fryer to 350°F for 2–3 minutes.
- 3 Arrange bacon in a single layer with a little space between slices. Do not overlap.
- 4 Cook for 5 minutes.
- 5 Flip the bacon.
- 6 Cook 3–7 minutes more, until browned and as crisp as you like. Thin bacon finishes faster; thick-cut may need a little longer.
- 7 Transfer to paper towels for 1–2 minutes. Bacon crisps a bit more as it cools.

PRO TIP Start checking early near the end. Bacon goes from perfect to too dark very fast in the last 1–2 minutes.

BACON RULE (Save This!)

Single layer = best texture. Pull bacon when it looks just slightly less crisp than you want — it firms up more after resting on paper towels.

Air Fryer Hard Boiled Eggs (Easy-Peel Method)

TEMP	TIME	ICE BATH	YOLK RESULT	SERVINGS
270°F	14–17 min	Yes (5–10 min)	14 min = jammy 15–16 min = set 17 min = firm	6

Ingredients:

- 6 large eggs
- Ice
- Cold water

NO-FAIL NOTE:

Air fryer models vary, and egg size matters. Start with one small test batch the first time. If your yolks are softer than you want, add 1 minute next round. If the shells are harder to peel, use a colder ice bath and let the eggs rest in it a little longer.

Instructions:

- 1 Preheat air fryer to 270°F for 2–3 minutes if your model runs cool.
- 2 Place the eggs in the basket or on the rack in a single layer. Leave a little space between them.
- 3 Cook for 14–17 minutes, depending on how set you want the yolks.
- 4 While the eggs cook, fill a bowl with ice and cold water.
- 5 Transfer the hot eggs directly to the ice bath.
- 6 Let sit 5–10 minutes.
- 7 Gently crack and peel under a little running water if needed.
- 8 Serve right away or refrigerate for later.

PRO TIP Older eggs usually peel more easily than very fresh eggs. The ice bath is not optional if you want cleaner peeling.

EGG RULE (Save This!) Hot eggs into ice water = easier peeling and better texture. Do not let cooked eggs sit in the warm basket, or they can keep cooking and turn chalky.

Crispy Air Fryer Breakfast Potatoes

TEMP	TIME	SHAKE / FLIP	POTATO SIZE NOTE	SERVINGS
400°F	18–22 min	Shake at 8 min Shake again at 14 min	¾-inch cubes cook best	3–4

Ingredients:

- 1.5 lb (680 g) Yukon Gold or russet potatoes, cut into ¾-inch cubes
- 1 tbsp olive oil
- 1 tsp kosher salt
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp black pepper
- 1/2 tsp onion powder (optional)
- Optional: chopped parsley for serving

NO-FAIL NOTE:

Wet potatoes steam instead of crisping. The most important step is drying them well before seasoning. If your basket looks crowded, cook in 2 batches for better browning.

Instructions:

- 1** Wash and dry the potatoes. Cut into even ¾-inch cubes.
- 2** If you want extra crisp edges, soak the cut potatoes in cold water for 15–20 minutes, then dry very well.
- 3** Toss potatoes with oil, salt, garlic powder, paprika, pepper, and onion powder if using.
- 4** Preheat air fryer to 400°F for 3 minutes.
- 5** Add potatoes in a single layer or as evenly as possible without packing them down.
- 6** Cook 8 minutes. Shake basket well.
- 7** Cook 6 minutes more, then shake again.
- 8** Cook 4–8 minutes more until golden, crisp outside, and tender inside. Serve hot.

PRO TIP Yukon Gold gives a creamier center. Russet gives a drier, crispier finish. Both work — just keep the cubes even.

POTATO RULE (Save This!) Dry well + don't crowd = crisp breakfast potatoes. Small, even cubes cook faster and brown better than large rough chunks.

Juicy Air Fryer Sausage Patties

TEMP	TIME	FLIP	INTERNAL TEMP	SERVINGS
380°F	8–10 min	Yes (at 4–5 min)	160°F	2–3

Ingredients:

- 1 lb (450 g) ground breakfast sausage
- 1/2 tsp black pepper (optional)
- 1/2 tsp rubbed sage or a pinch of red pepper flakes (optional)

NO-FAIL NOTE:

Do not make the patties too thick, or the outside can brown before the center is fully cooked. A small center dip helps prevent puffing and keeps the patties cooking more evenly.

Instructions:

- 1 Divide the sausage into 6 equal portions.
- 2 Shape into patties about 1/2 inch thick. Press a small dip in the center of each patty so they stay flatter while cooking.
- 3 Preheat air fryer to 380°F for 3 minutes.
- 4 Arrange patties in a single layer with a little space between them.
- 5 Cook 4–5 minutes.
- 6 Flip the patties.
- 7 Cook 4–5 minutes more, until browned and cooked through.
- 8 Check that the internal temperature reaches 160°F.
- 9 Rest 2 minutes before serving.

PRO TIP Breakfast sausage already has fat, so you usually do not need oil. If your patties release a lot of grease, blot lightly after cooking for a cleaner bite.

SAUSAGE RULE (Save This!)

Small center dip + even thickness = better sausage patties. Pull them as soon as they hit 160°F so they stay juicy, not dry.

Air Fryer French Toast Sticks

TEMP	TIME	FLIP	BEST BREAD NOTE	SERVINGS
375°F	8–10 min	Yes (at 4–5 min)	Thick Texas toast or brioche works best	2–3

Ingredients:

- 4 slices thick bread (Texas toast, brioche, or challah)
- 2 large eggs
- 1/3 cup milk
- 1 tbsp maple syrup or sugar
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tbsp melted butter
- Optional: pinch of salt
- Optional for serving: maple syrup, powdered sugar, fresh fruit

NO-FAIL NOTE:

Do not use very thin or very soft sandwich bread. It can fall apart after dipping. If the bread feels fresh and soft, let it sit out 20–30 minutes first so it firms up a little before coating.

Instructions:

- 1 Cut each bread slice into 3 sticks.
- 2 In a shallow bowl, whisk together eggs, milk, maple syrup, vanilla, cinnamon, melted butter, and salt if using.
- 3 Dip each bread stick quickly into the mixture. Coat both sides, but do not soak too long.
- 4 Let excess mixture drip off for a few seconds.
- 5 Preheat air fryer to 375°F for 3 minutes.
- 6 Lightly grease the basket if needed. Arrange the sticks in a single layer with space between them.
- 7 Cook 4–5 minutes.
- 8 Flip carefully.
- 9 Cook 4–5 minutes more until golden outside and tender in the center.
- 10 Serve warm with maple syrup, powdered sugar, or fruit.

PRO TIP A quick dip gives the best texture. Oversoaked bread turns soft in the middle before the outside browns properly.

FRENCH TOAST RULE (Save This!) Thick bread + quick dip + single layer = better French toast sticks. Leave space between pieces so hot air can brown the edges instead of steaming them.

Breakfast Recipe

PREVIEW



1 Crispy Air Fryer Bacon
(Chewy or Crisp)



2 Air Fryer Hard Boiled Eggs
(Easy-Peel Method)



3 Crispy Air Fryer Breakfast Potatoes
(Golden + Tender)



4 Juicy Air Fryer Sausage Patties
(Quick Morning Favorite)



5 Air Fryer French Toast Sticks
(Golden, Easy, Cozy)

Simple air fryer breakfast recipes for crispy, easy, everyday mornings.

OFFICIAL TIME + TEMP CHART

(NO-GUESS AIR FRYER BREAKFAST)

BREAKFAST TYPE	TEMP	TIME	FLIP / SHAKE	WOW MICRO-HACK
Bacon (thick-cut)	350°F	8–12 min	Flip @ 5 min	PULL 1 MIN EARLY – bacon crisps more after resting
Hard Boiled Eggs (large)	270°F	14–17 min	No flip	ICE BATH 5–10 MIN for easier peeling
Breakfast Potatoes (¾-inch cubes)	400°F	18–22 min	Shake @ 8 and 14 min	DRY WELL FIRST for crisp edges
Sausage Patties (½-inch thick)	380°F	8–10 min	Flip @ 4–5 min	CENTER DIMPLE helps patties stay flat
Sausage Links	380°F	8–10 min	Shake /turn @ 5 min	SPACE THEM OUT for better browning
Hash Brown Patties (frozen)	400°F	10–12 min	Flip @ 6 min	PREHEAT BASKET for a crisper bottom
Frozen Waffles	360°F	4–6 min	Flip @ 3 min	DON'T OVERCOOK – edges brown fast
Toast / Texas Toast	370°F	3–5 min	Flip @ 2 min	LIGHT BUTTER = better color and crunch
Biscuit Dough / Canned Biscuits	330°F	8–10 min	Flip @ 6 min	LOWER HEAT helps the center cook through

Air fryers vary. Safe internal temp: 160°F (sausage patties / links)

Eggs: 14 min = jammy | 15–16 min = set | 17 min = firm

Best breakfast potato texture: dry surface + single layer

Breakfast Checklist

Use this quick checklist before you start cooking for better texture, better color, and more reliable air fryer breakfast every time.

Before Cooking

- Preheat the air fryer if your model needs it
- Pat potatoes, bacon, or sausage dry if needed
- Lightly oil fresh potatoes or breaded items
- Preheat the air fryer if your model needs it
- Do not overcrowd the basket
- Keep pieces a similar size for even cooking

While Cooking

- Arrange food in a single layer
- Flip, shake, or turn when needed for even browning
- Watch closely near the end – breakfast foods brown fast
- Use lower heat for thicker items that need more time inside
- Check sausage for a safe internal temperature

For Best Texture

- Dry surface = better browning and crisper edges
- Leave space around each piece for hot air to circulate
- Pull bacon and toast slightly early – they finish as they rest
- Use a single layer for the best breakfast potato texture
- Rest cooked food 1-2 minutes before serving when needed

Quick Reminder

Better air fryer breakfast usually comes from three simple things: dry surface, enough space, and the right time + temp.

2 Quick Breakfast Extras

Two easy breakfast-friendly extras that pair well with sweet or savory air fryer breakfast recipes.

1. Honey Cinnamon Yogurt Dip

A quick, creamy dip that works well with waffles, toast, and breakfast potatoes.

Ingredients

- 1/2 cup plain Greek yogurt
- 1 tablespoon honey
- 1 teaspoon lemon juice
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract

How to Make It

Stir until smooth and creamy. Taste and add a little more honey if you want it sweeter.

Best With

Waffles, toast, French toast sticks, breakfast potatoes, or apple slices.

1. Quick Maple Butter

A soft, sweet spread that melts beautifully over toast, waffles, and biscuits.

Ingredients

- 2 tablespoons softened butter
- 1 tablespoon maple syrup
- Small pinch of cinnamon
- Tiny pinch of salt

How to Make It

Mix until smooth and lightly whipped. Use right away or chill briefly if needed.

Best With

Toast, Texas toast, waffles, biscuits, or hash brown patties.

Quick Tip: Make both extras before cooking breakfast so they are ready to serve right away.

Ready for More Air Fryer Ideas?

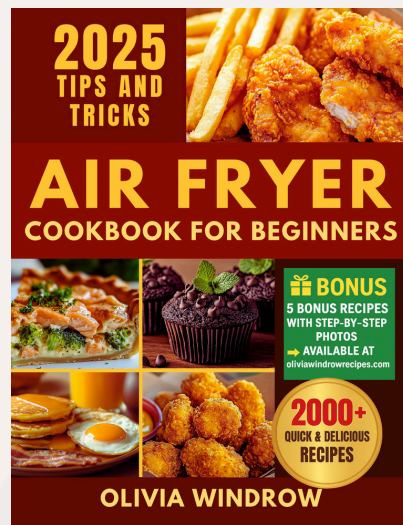
If this Starter Pack helped, here are two easy next steps.



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