

Air Fryer Beignets...Not Really!

Air Fryer Beignets...Not Really, But good anyway!



Makes 13

Blue – 1=1, 2=1, 3=2, 4=2, 5=3

Purple – 1=1, 1=1, 2=1, 3=2, 4=2, 5=3

Green – 1=1, 2=1, 3=2, 4=3, 5=3

Green –

- 1/2 cup all purpose flour
- 1/4 cup zero calorie sugar (I use Lakanto Monkfruit Classic)
- 1/8 cup water
- 1 egg, separated
- 1 1/2 tsp melted light butter
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- 1 pinch
- 2 Tbsp zero point confectioners' sugar

1. Preheat air fryer to 370 degrees F. Spray a silicone egg-bite mold with nonstick cooking spray.
2. Mix flour, sugar, water, egg yolk, butter, baking

powder, vanilla extract, and salt together in a large bowl. Stir to combine.

3. Beat egg white in a small bowl using an electric hand mixer on medium speed until soft peaks form. Fold into batter. Add batter to the prepared mold using a small hinged ice cream scoop.
4. Place filled silicone mold into the basket of the air fryer.
5. Fry in the preheated air fryer for 7 minutes. Remove mold from the basket carefully; pop beignets out and flip over onto a parchment paper round.
6. Place parchment round with beignets back in the air fryer basket. Cook for an additional 2-3 minutes. Remove beignets from the air fryer basket and dust with confectioners' sugar.