

# Revolution

RECIPES

HEALTHY AIR FRYER



COOKBOOK

Vol. 9

GLUTEN-FREE AND DAIRY-FREE RECIPES

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## *Introduction*

Congratulations on being a part of the Healthy Living Revolution!

This cookbook is a collection of plant-based meal ideas made with an air fryer, that are tried and proven favorites. Healthy should taste good, too! All of these recipes are clean (meaning no refined sugars, preservatives, food dyes, or processed-food ingredients), gluten-free, dairy-free, and mostly oil-free, too! Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up “flexitarian,” the common goal for optimal health is to eat MORE VEGETABLES—so there are plenty of recipes in here for everyone!

We want to thank all of our recipe contributors and Dawn J. Williamson for designing and assembling this cookbook.

*From our family to yours,  
The Healthy Living Revolution Team*

“THE MORE **PLANT FOODS**  
YOU EAT, THE

*healthier*

YOU WILL BE.” - DR. MITRA RAY

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# PANTRY STAPLES

## SEASONINGS

Sea Salt, Black Pepper, Cumin, Curry Powder, Chili Powder, Turmeric, Paprika

## GARLIC

A fresh clove of garlic is at the heart of most flavorful recipes! It's not only tasty but also has many anti-inflammatory and anti-microbial properties. If you're out of fresh garlic, here are some substitutes for 1 clove: ½ tsp. minced garlic, ⅛ tsp. garlic powder, or ½ tsp. garlic flakes.

## ONIONS

In addition to health benefits, onions are full of flavor, which is why they're used as the base for many of these recipes. If you're in a hurry or out of onions, you can substitute 1 Tbsp. dried onion flakes or 1 tsp. onion powder in place of a small onion. (Small onion is approx. ⅓ cup chopped and a medium onion is approx. ⅔ cup chopped.) If you use onion powder, add it toward the end of the cooking rather than adding it at the beginning like fresh onions.

## GINGER

Ginger is a powerful nutritional herb that supports digestive health in addition to helping reduce pain and inflammation! Fresh ginger root is the best way to add flavor and spice to these dishes; it should be peeled and then grated with a microplane grater. Store fresh ginger root in a tightly wrapped bag in the fridge or freezer. If fresh ginger isn't available, substitute ⅛ tsp. ground ginger.

## FRESH HERBS

Fresh herbs have that ability to make a dish go from "blah" to *zing*! Growing your own on your backyard Tower Garden is the best way to have fresh herbs for cooking. Just cut what you need and eliminate all the herbs wasting away in your fridge. Herbs that grow great on the tower and are commonly used in these recipes include basil, cilantro, parsley, dill, rosemary, and thyme.

## BRAGG LIQUID AMINOS / COCONUT AMINOS / TAMARI

Soy sauce is a common staple and a tasty addition to vegetable dishes and salads. Most people don't realize that soy sauce is not gluten-free though. We recommend that you try one of these listed substitutions: Bragg liquid aminos, coconut aminos, or tamari.

## FULL-FAT CANNED COCONUT MILK

With its creamy texture and natural sweetness, coconut milk might taste like it should be bad for you, but it's not! It can build up the body's immune system, help with weight loss, increase energy, plus lower cholesterol and blood pressure. It's a base for many Thai dishes and is an excellent dairy substitute. When buying a can of full-fat coconut milk, look for BPA-free and read the label to make sure it's organic with no added sugars.

## ORGANIC VEGETABLE BROTH

## BALSAMIC / RED WINE VINEGAR

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## TOASTED COCONUT FRENCH TOAST

RECIPE ADAPTED FROM: STRENGTHANDSUNSHINE.COM

½ cup culinary coconut milk  
1 tsp. baking powder  
1 tsp. cinnamon  
1 Tbsp. Juice Plus+ Complete Vanilla  
½ cup unsweetened coconut, shredded  
2-3 slices gluten-free bread

TOPPINGS (optional)

Bananas

Strawberries

Raspberries

Blueberries

Nuts

Maple syrup



1. In a wide rimmed shallow bowl, mix together coconut milk, baking powder, cinnamon and Juice Plus+ Complete Vanilla.
2. Spread shredded coconut evenly out on a flat plate.
3. Soak one slice of bread in the coconut milk mixture (both sides) and then transfer to the shredded coconut plate and fully coat both sides with coconut.
4. Place on your air fryer rack, and set the temperature to 350°F for 4 minutes. While this is cooking, prepare the next slice of bread the same way.
5. Once done cooking, remove and top with your favorite toppings.

*Makes approximately 1-2 servings.*

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# VEGAN VEGGIE OMELET

RECIPE ADAPTED FROM: VEGANDOLLHOUSE.COM

- Half block organic tofu
- ¼ cup fava chickpea flour (or any bean flour)
- ¼ tsp. salt
- ½ tsp. turmeric
- ½ tsp. cumin
- ¼ tsp. pepper
- ¼ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ tsp. basil
- 3 Tbsp. nutritional yeast
- 1 Tbsp. braggs liquid aminos
- 1 Tbsp. water
- ½ cup vegetables, herbs and greens of choice, finely chopped  
(kale, chard, spinach, dried mushrooms, radish, onions, peppers etc.)
- ½ cup vegan cheese, grated



1. Blend all ingredients, except veggies and cheese, in a food processor or blender until smooth.
2. Transfer batter from the blender to a bowl and mix in the veggies and cheese.
3. Line bottom of air fryer basket with a square of parchment paper. Pour batter onto parchment paper and smooth out with a spoon. Depending on the size of your air fryer basket, you may need to do this in multiple batches.
4. Cook at 370° F for 7-10 minutes, flip, and cook for 7-10 more minutes. To flip, carefully pull up the edges of the parchment paper square and lift the omelet out of the air fryer. Lay on a flat surface and cover with another square of parchment. Flip, pull off the old parchment square and place carefully back into the air fryer.
5. Serve with any dipping sauce you like or use them in a breakfast sandwich.

*Makes approximately 2-4 servings.*

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## BALSAMIC TOFU BACON

RECIPE ADAPTED FROM: [GLUEANDGLITTER.COM](https://glueandglitter.com)

- ¼ cup tamari
- 3 Tbsp. balsamic vinegar
- 2 tsp. smoked paprika (more to taste)
- 1 Tbsp. maple syrup
- 1 Tbsp. olive oil (optional)
- 1 tsp. garlic powder
- 1 block tofu, pressed and sliced into ¼" thick strips

1. In a small bowl, mix together tamari, vinegar, smoked paprika, maple syrup, olive oil (optional), and garlic powder.
2. Arrange tofu in a shallow dish with lid. Cover with marinade, and let sit with the lid on in the refrigerator for 30 minutes.
3. Place a single layer of tofu strips in the air fryer basket. Air fry for 18-22 minutes at 400°F, flipping after 5 minutes. The tofu bacon is ready when it's mostly crispy. Some soft spots are ok.

*Makes approximately 4-6 servings.*



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# HOW TO AIR FRY ANY VEGETABLE

RECIPE ADAPTED FROM: [LIVEEATLEARN.COM](https://www.liveeatlearn.com)

## TENDER VEGGIES

**Crucifers:** broccoli, cauliflower, Brussels sprouts, etc.

**Soft veggies:** bell pepper, tomato, etc.

**Thin veggies:** asparagus, etc.

## FIRM VEGGIES

**Root veggies:** carrots, beets, potato, parsnip, etc.

**Winter squash:** butternut, acorn, pumpkin, etc.

## FROZEN VEGGIES

Any of the veggies from above

## SEASONINGS (optional)

Olive oil (or oil of choice)

Salt

Black pepper

Garlic powder

Smoked paprika

## TOPPINGS (optional)

Lemon, freshly squeezed (as you serve)

Fresh herbs, chopped (parsley, cilantro, chives)



1. **Tender veggies:** Preheat air fryer to 375°F. Chop veggies to desired size. Drizzle with olive oil, sprinkle with desired spices and hand toss (optional). Add to air fryer in a flat layer and cook for 10 to 15 minutes, shaking air fryer basket once or twice during cooking to promote even cooking.
2. **Firm veggies:** Preheat air fryer to 375°F. Chop veggies to desired size. (Smaller pieces cook faster!) Drizzle with olive oil, sprinkle with desired spices and hand toss (optional). Add to air fryer in a flat layer and cook for 20 to 30 minutes, shaking the air fryer basket a few times during cooking to promote even cooking.
3. **Frozen veggies:** Figure out which category your veggie falls under (tender or firm, see notes above), then add a few minutes to the cooking time to account for thawing during the cooking process. Be sure to give space between your veggies to ensure they become perfectly roasted.
4. Store leftovers in an airtight container in the refrigerator for up to 3 days.

*Makes approximately 4-6 servings.*

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# ARTICHOKES WITH GARLIC REMOULADE

RECIPE ADAPTED FROM: APPETIZERADDICTION.COM

2 medium artichokes  
1 small lemon, juiced  
1 Tbsp. olive oil  
1 tsp. salt  
Black pepper to taste

## REMOULADE

1 cup vegan mayonnaise  
2 Tbsp. dijon mustard  
1 tsp. lemon juice  
1 Tbsp. Worcestershire sauce  
½ cup fresh scallions, finely diced  
¼ cup fresh parsley, finely diced  
2 cloves garlic  
Black pepper to taste  
3 Tbsp. relish (optional)



1. Preheat air fryer to 340° F for 4-5 minutes.
2. Cut tips off artichoke leaves and shorten the stem as needed to fit in your air fryer basket. Cut artichokes in half, lengthwise.
3. With cut side facing you, coat with a generous amount of fresh lemon juice (about ¼ of lemon per piece). Drizzle with olive oil (optional) and season with salt and pepper.
4. Place artichoke halves in preheated air fryer, cut side down, brush with olive oil and season again generously with salt and pepper. (Some of the seasoning will come off during cooking.) You may need to do this process multiple times depending on the size of your artichoke halves and the size of your air fryer basket.
5. Cook for 12-15 minutes at 340° F. (17-20 minutes for larger artichokes)
6. While artichokes are cooking, combine all remoulade ingredients in a bowl and mix well.
7. Serve with remoulade or a dip of your choice.

*Makes approximately 2-4 servings.*

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# FALAFEL

RECIPE ADAPTED FROM: WELLPLATED.COM

2 cups dried chickpeas, soaked in water for 24 hours and drained  
1 medium onion, diced  
2-3 cloves garlic, minced  
¼ cup flat-leaf parsley leaves, chopped  
¼ cup cilantro leaves, chopped  
¼ cup scallions, chopped  
1 Tbsp. chickpea flour (or almond flour)  
2 tsp. cumin  
2 tsp. ground coriander  
1 tsp. ground black pepper  
1½ tsp. sea salt



1. Place all ingredients into a food processor and pulse until the chickpeas are finely minced. Do not over-pulse. The mixture should be coarse, not smooth or pasty.
2. Using your hands, shape the falafel mixture into small balls, about 1.5" in diameter. Arrange falafel balls in a single layer on the bottom of your air fryer basket and air-fry for about 15-20 minutes at 380°F, turning half way through. The falafel is done when it's golden brown and crisp. Repeat this process until you use up all the dough.
3. Serve immediately with your favorite meal. May be served with hummus, tahini, or on salad. Falafel is best when fresh.
4. Store leftover falafel in a covered dish in the refrigerator for a few days. Reheat in a 325°F oven or air fryer. For longer term storage, place uncooked falafel balls on a cookie sheet in the freezer for about an hour. Remove and place falafel balls into a freezer-safe bag or container and place it back into the freezer. To thaw uncooked falafel, transfer to the refrigerator the day before you plan to cook it.

*Makes approximately 10-15 falafel balls.*

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# ROOT VEGGIE FRIES

RECIPE ADAPTED FROM: [EVERYDAYMAVEN.COM](http://EVERYDAYMAVEN.COM)

2 cups root veggies, peeled and sliced to no more than ¼ inch thick (rutabagas, celery root, parsnips, butternut squash, carrots, sweet potato, yams, jicama, beets, kohlrabi)

1½ Tbsp. avocado oil (or preferred oil)

## SEASONINGS

Choose from your favorite seasonings, such as:

Celery salt	Garlic powder
Cayenne pepper	Onion powder
Oregano	Paprika
Thyme	Dry mustard
Salt	Cinnamon
Pepper	Nutmeg
Chili powder	Cardamom



1. Preheat air fryer to 350°F.
2. Place veggies in a large bowl and toss with oil.
3. Spread evenly in a single layer in the air fryer basket. Cook for about 15 minutes, shaking the basket halfway through. (You'll be able to open the air fryer easily to check them as you go, so don't worry about exact timing—it's a very forgiving process.)
3. Remove the fries and preheat the air fryer to 375°F. Sprinkle the fries generously with seasonings of choice, layer them back in the air fryer basket for about 3 more minutes, checking carefully to make sure they don't burn. (For an extra-crispy exterior, toss with a pinch of arrowroot starch just before frying.) Repeat process as necessary.
4. Once done to your liking, remove and serve with your favorite dipping sauces.

*Makes approximately 2-3 servings.*

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# VEGGIE CHIPS

RECIPE ADAPTED FROM: FOODNETWORK.COM

- 1 sweet potato (about 4 oz.), scrubbed
- 1 purple potato (about 4 oz.), scrubbed
- 2 Tbsp. olive oil
- 1 tsp. Kosher salt
- Black pepper, freshly ground
- 1 red beet (about 6 oz.), scrubbed
- 1 golden beet (about 6 oz.), scrubbed



1. Slice potatoes on a mandolin as thin as possible.
2. Transfer potato slices to a medium bowl and run under cold water until almost all the white starch comes off and the water runs clear. Dry well between a few paper towels. Dry the bowl as well.
3. Return dry potatoes back to the dry bowl and toss with 1 Tbsp. of the oil, ½ tsp. salt and a few grinds of pepper until evenly coated.
4. Preheat air fryer to 320°F. Layer the potatoes in the bottom of the basket (up to 2 layers.) Cook for about 20-25 minutes, until the edges are golden and crisp, tossing every 5 minutes with tongs so they're evenly cooked. If you notice a few slices are finished cooking and before others, remove them and continue air frying the remaining slices.
5. Meanwhile, slice beets on a mandolin as thin as possible. Transfer to another medium bowl and toss with the remaining 1 Tbsp. oil, ½ tsp. salt and a few grinds of pepper until evenly coated.
6. Return the air fryer to 320°F. Layer the beets in the bottom of the basket (up to two layers.) Cook for about 30 minutes until the beets are darkened around the edges and crisp, tossing every 5 minutes so they're evenly cooked. If you notice a few slices are finished cooking and completely crisp before others, remove and continue air frying the remaining slices.
7. Combine beet chips and potato chips in a large bowl, season with a pinch of salt and toss to combine. Serve immediately or let cool and store in an airtight container for up to 2 days.

## NOTE

It is important not to cook them until crispy and golden brown all over or they will taste burnt. Under cook them just slightly and let dry overnight for best results.

*Makes approximately 4 servings.*

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# PORTOBELLO MUSHROOM PIZZAS WITH HUMMUS

RECIPE ADAPTED FROM: FATFREEVEGAN.COM

- 4 large portobello mushrooms
- Balsamic vinegar
- Salt
- Black pepper
- 4 Tbsp. oil-free pasta sauce
- 1 clove garlic, minced
- ½ medium zucchini shredded, chopped, or julienned (about 3 oz.)
- 2 Tbsp. red pepper, diced
- 4 kalamata olives, sliced
- 1 tsp. dried basil
- ½ cup hummus (see page 10 of the Healthy Living Revolution Cookbook Vol. 8 for a great pressure cooker recipe)
- Fresh basil leaves or other herbs, minced



1. Brush or spray both sides of portobellos with balsamic vinegar. Sprinkle the inside with salt and pepper.
2. Spread 1 Tbsp. of pasta sauce inside each mushroom and sprinkle it with garlic.
3. Preheat air fryer to 330°F. Place as many mushrooms as will fit in a single layer or use a rack to hold two layers. (You may need to do this in batches, depending on the size of your air fryer and portobellos.) Air fry for 3 minutes.
4. Remove mushrooms and top each one with equal portions of zucchini, peppers, and olives. Sprinkle with dried basil, salt and pepper. Return to air fryer for 3 minutes.
5. Check mushrooms and rearrange if using a rack. Return to air fryer for another 3 minutes or until mushrooms are tender.
6. Place portobellos on a plate, drizzle with hummus and sprinkle with basil or other herbs. You can put the portobellos back into the air fryer briefly to warm the hummus if desired.

*Makes approximately 4 servings.*

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# CAULIFLOWER WITH CILANTRO YOGURT SAUCE

RECIPE ADAPTED FROM: PIPINGPOTCURRY.COM

## CAULIFLOWER

- 1 medium cauliflower, rinsed and cut into florets (about 5 cups)
- 2 Tbsp. avocado oil (optional)
- ½ tsp. garlic powder
- ½ tsp. cumin
- ½ tsp. Pink Himalayan sea salt (adjust to taste)
- ¼ tsp. black pepper



## CILANTRO YOGURT SAUCE

- ½ cup fresh cilantro, chopped
- ½ cup plain dairy-free yogurt
- 1 green chili pepper or jalapeno, seeds removed (optional)
- 1 clove garlic, peeled (or minced)
- ½ tsp. cumin
- ½ tsp. Pink Himalayan sea salt
- ½ tsp. lime juice
- 1-2 Tbsp. water

1. In a large bowl, combine all cauliflower ingredients. Toss until well combined.
2. Transfer cauliflower to the air fryer basket. Make sure they are spread in a single layer.
3. Air fry at 380°F for 15 minutes.
4. While cauliflower is cooking, blend all sauce ingredients in a small blender or food processor. Add 1-2 Tbsp. of water as needed to blend.
5. Transfer roasted cauliflower to a serving plate and drizzle with cilantro yogurt sauce. Serve right away! (Any leftover sauce can be used as a dip.)

*Makes approximately 4-6 servings.*

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# STUFFED PEPPERS WITH VEGGIE SAUSAGE AND RICE

RECIPE ADAPTED FROM: EPICURIOUS.COM

1 tsp. olive oil  
1 veggie sausage, sliced  
½ cup yellow onion, chopped  
2 cloves garlic, minced  
1 cup cooked brown rice  
¼ cup marinara  
¼ tsp. dried oregano  
¼ tsp. dried basil or tarragon  
¼ tsp. granulated onion  
Pinch salt  
Dash pepper  
2 Tbsp. non-dairy cheese, shredded  
1-2 large red bell peppers



1. Bring a large skillet to medium heat with oil. Add sausage slices. Break up the sausage a little in the pan with your spatula as it browns.
2. Once the sausage is brown, add onions and garlic. Saute a few minutes, until fragrant.
3. Add cooked rice, marinara, dried oregano, dried basil, granulated onion, pinch of salt, and dash of pepper. Use spatula to combine. Turn off heat, and set skillet aside.
4. Cut bell pepper in half, straight down the middle through the stem. Remove seeds as well as any white membrane. You can leave the stem on for looks or pop it off with your fingers.
5. Put the empty pepper halves face down into the air fryer. Air fry at 360° F for 6 minutes.
6. Remove the pepper halves from the air fryer. Use a spoon to fill them generously with the rice mixture, making sure to fill all of the crevices so that there is a mound on top. Put the filled halves back into the air fryer, rice side up. Air fry at 360° F for 6 more minutes.
7. During the last two minutes of cooking time, top each pepper with shredded non-dairy cheese. Continue cooking until the cheese has melted.
8. Carefully remove the peppers from the air fryer and serve right away.

*Makes approximately 2-4 servings.*

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## VEGGIE FRIED RICE WITH TOFU

RECIPE ADAPTED FROM: [GLUEANDGLITTER.COM](https://glueandglitter.com)

- ½ block firm or extra firm tofu
- 4 Tbsp. tamari (split)
- ½ cup onion, diced
- 1 cup carrot, diced (about 1½ to 2 carrots)
- 1 tsp. turmeric
- 3 cups riced cauliflower (You can do this by hand with a box-style cheese crater, use your food processor to pulse into pieces, or buy pre-riced, bagged cauliflower.)
- 2 Tbsp. reduced sodium soy sauce
- 1½ tsp. toasted sesame oil (optional)
- 2 tsp. toasted sesame seeds (optional)
- 1 Tbsp. rice vinegar
- 1 Tbsp. minced ginger
- ½ cup broccoli, finely chopped
- 2 cloves garlic, minced
- ½ cup peas, frozen



1. In a large bowl, crumble tofu into scrambled egg-size pieces. Toss with 2 Tbsp. tamari, onion, carrot and turmeric. Air fry at 370°F for 10 minutes, stirring once.
2. Meanwhile, toss together all remaining ingredients in the same bowl used in step 1.
3. When that first 10 minutes of cooking are done, add all ingredients from step 2 to your air fryer, stir gently to combine, and fry at 370°F for 10 more minutes, stirring after 5 minutes. (Riced cauliflower can vary quite a bit in size, so if you feel like yours doesn't look done enough at this point, cook for an additional 2-5 minutes at 370°F, checking every couple minutes until it's done to your liking.)

*Makes approximately 4-6 servings.*

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# BEST EVER BROWNIES

RECIPE ADAPTED FROM: VEGGISSAVETHEDAY.COM

## DRY INGREDIENTS

- ½ cup gluten-free whole wheat or white pastry flour
- ½ cup coconut palm sugar (or sweetener of choice to taste)
- ¼ cup cocoa powder
- 1 Tbsp. ground flax seeds
- ¼ tsp. salt

## WET INGREDIENTS

- ¼ cup non-dairy milk
- ¼ cup aquafaba (the liquid from a can of chickpeas)
- ½ tsp. vanilla extract

## MIX-INS

- ¼ cup of any one or a combination of the following:  
chopped walnuts, hazelnuts, pecans, mini vegan chocolate chips, shredded coconut

1. Mix the dry ingredients together in one bowl. Then mix wet ingredients in a large measuring cup. Add the wet ingredients to the dry ingredients and mix well.
2. Add in the mix-in(s) of your choice and mix again.
3. Preheat your air fryer to 350° F. Either spray some oil on a 5-inch round pan (or loaf pan that fits in your air fryer), or line the pan with parchment paper to keep it completely oil-free.
4. Place the pan in the fryer basket. Cook for 20 minutes. If the middle is not well set or a knife doesn't come out clean when stuck in the middle, cook for 5 more minutes and repeat as needed. The time may vary depending on the pan size and your particular air fryer.

*Makes approximately 4 servings.*



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## CARAMELIZED BANANAS

RECIPE ADAPTED FROM: PIPINGPOTCURRY.COM

2 bananas  
¼ of a lemon, juiced  
1 Tbsp. coconut sugar

### OPTIONAL TOPPINGS

Cinnamon  
Nuts  
Coconut cream  
Dairy-free yogurt  
Coconut, shredded  
Dairy-free chocolate chips



1. Wash bananas with peel on, then slice straight down the middle, lengthwise.
2. Squeeze lemon juice over top of each banana.
3. If using cinnamon, mix with the coconut sugar, then sprinkle over top of bananas until coated.
4. Line air fryer with a parchment paper. Add bananas and air fry for 6-8 minutes at 400°F.
5. Remove from air fryer and eat as is or top with your favorite toppings.

*Makes approximately 2-4 servings.*

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# TAHINI OATMEAL CHOCOLATE CHUNK COOKIES

RECIPE ADAPTED FROM: OKONOMIKITCHEN.COM

- 1/3 cup tahini
- 1/4 cup maple syrup
- 1 cup gluten-free oat flakes
- 2 Tbsp. almond flour
- 1/4 cup dairy-free chocolate chunks
- 1/4 cup walnuts
- 1 tsp. vanilla (optional)
- 1 tsp. cinnamon (optional)
- 1/4 tsp. salt



1. Preheat air fryer to 350°F.
2. In a large bowl, mix together tahini, maple syrup, vanilla (if using), cinnamon (if using), and salt. Mix in the oat flakes, almond meal and walnuts. Fold in the chocolate chips.
3. Using a heaping Tbsp., divide the cookie dough into 8 equal amounts. Roll the dough with damp hands (this prevents sticking) and then flatten between the palms of your hands or by pressing down with a spatula.
4. Place 4 cookies (or more if you have a bigger air fryer) into a parchment lined air fryer. Air fry the at 350°F for 5-6 minutes. (6-8 minutes if you like your cookies super crisp.) Repeat until all are cooked.

*Makes approximately 8 cookies.*

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For more resources, please visit [www.HealthyLivingRevolution.com](http://www.HealthyLivingRevolution.com).

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