

America's #1 FAVORITE Fried Food Recipes



PowerXL
products that excel
SLIMLINE AIR FRYER



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PowerXL™ SLIMLINE AIR FRYER

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Quick Start Guide

See owner's manual for complete instructions and important safety information before using this product.

IMPORTANT: Unpack all parts from the box and remove any clear or blue protective film on the components. Wash with warm, soapy water before first use (only select accessories are dishwasher safe).



STEP 1

Remove Basket

Pull the handle straight out.



STEP 2

Load Basket

Arrange the food you are cooking in the Outer Basket. If you are using one of the cooking accessories, such as the Inner Basket, slide the legs of the Air Flow Rack into the slots in the Outer Basket and place the Inner Basket on the Air Flow Rack before adding your food to the Inner Basket.



STEP 3

Return Basket to Appliance

Push the handle straight in until it clicks.



STEP 4

Power Appliance On

Set the time and temperature. Follow instructions specific to your recipe.



STEP 5

Remove Basket

Set the Outer Basket on a secure, heat-resistant surface. Use tongs to remove food.

Fish Sticks

serves 4+

Ingredients

2 large eggs

3 tbsp. milk

2 cups panko breadcrumbs

1 cup white flour

1 lb. cod,
cut into sticks

1 tbsp. olive oil

¼ tsp. sea salt

½ tsp. ground black pepper

tartar sauce, for serving





Directions

1. Combine the eggs and milk in a bowl.
2. Pour the breadcrumbs onto a baking sheet.
3. Pour the flour onto a second baking sheet.
4. Coat the fish sticks in the olive oil, sea salt, and black pepper.
5. Dip the fish sticks into the flour, then the egg mixture, and finally the breadcrumbs. Lightly spray each fish stick with oil.
6. Place the fish sticks in the Inner Basket. Place the Air Flow Rack in the Outer Basket and place the Inner Basket on the Air Flow Rack. Insert the Outer Basket into the air fryer.
7. Press the Pizza Button (380° F/193° C) and set the cooking temperature to 12 mins. Flip the fish sticks halfway through the cooking time.
8. Serve with the tartar sauce.

Garlic Knots

serves 4+

Ingredients

1 lb. pizza dough, refrigerated

½ cup olive oil

1 tbsp. garlic

1 tsp. sea salt

1 tbsp. chopped fresh parsley

1 tbsp. grated Parmesan
cheese

marinara sauce, for serving





Directions

1. Roll the pizza dough out until $\frac{1}{2}$ in. thick.
2. Slice the dough lengthwise to form strips approximately $\frac{3}{4}$ in. wide.
3. Roll the dough strips between your palm and the countertop. Make a knot with each dough strip.
4. Combine the olive oil, garlic, sea salt, parsley, and Parmesan cheese in a bowl and mix.
5. Roll the knots in the mixture in the bowl.
6. Place the knots in the Inner Basket. Place the Air Flow Rack in the Outer Basket and place the Inner Basket on the Air Flow Rack. Insert the Outer Basket into the air fryer.
7. Press the Pizza Button (380° F/193° C for 15 mins.). Flip the knots halfway through the cooking time.
8. Serve with the marinara sauce.

Onion Rings

serves 4+

Ingredients

4–6 oz. frozen battered
onion rings





Directions

1. Press the French Fry Button (400° F/204° C) and set the cooking time to 3 mins. Let the air fryer preheat.
2. Place enough onion rings in the Inner Basket to cover the bottom without overcrowding. Place the Air Flow Rack in the Outer Basket and place the Inner Basket on the Air Flow Rack. Insert the Outer Basket into the air fryer.
3. Press the French Fry Button (400° F/204° C) and set the cooking time to 10 mins.
4. When the cooking time is complete, remove the Outer Basket and toss the onion rings.
5. Place the Outer Basket back into the air fryer.
6. Press the French Fry Button (400° F/204° C) and set the cooking time to 10 mins. (additional time may be required to reach the desired doneness).

French Fries

serves 4+

Ingredients

2 russet potatoes

1 tbsp. olive oil

1 tbsp. sea salt

½ tsp. ground black pepper





Directions

1. Place a pot on the stove top. Place the potatoes in the pot and cover the potatoes with water. Blanch the potatoes over high heat until tender.
2. Remove the potatoes from the pot, let cool, and cut the potatoes into fries.
3. Toss the fries with the olive oil, sea salt, and black pepper in a bowl.
4. Press the French Fry Button (400° F/204° C) and set the cooking time to 3 mins. Let the air fryer preheat.
5. Place the French fries in the Outer Basket, being careful not to overfill, and place the Outer Basket into the air fryer.
6. Press the French Fry Button (400° F/204° C for 20 mins.). Shake the Outer Basket periodically and toss the fries halfway through the cooking time.

Hot Wings

serves 5

Ingredients

30 chicken wing drumettes,
raw

1 cup buffalo sauce





Directions

1. Press the French Fry Button (400° F/204° C) and set the cooking time to 3 mins. Let the air fryer preheat.
2. Place the chicken wings in the Outer Basket. Insert the Outer Basket into the air fryer.
3. Press the French Fry Button (400° F/204° C) and set the cooking time to 25 mins. Flip the chicken wings halfway through the cooking time.
4. Remove the chicken wings and toss with the buffalo sauce.
5. Return the chicken wings to the Outer Basket. Insert the Outer Basket into the air fryer.
6. Press the French Fry Button (400° F/204° C) and set the cooking time to 8 mins. Toss the wings halfway through the cooking time.

Mac & Cheese Balls

serves 4+

Ingredients

2 cups leftover macaroni and cheese, refrigerated

1/3 cup shredded cheddar cheese

3/4 cup flour

3 eggs

2 cups milk

1 cup plain breadcrumbs





Directions

1. Combine the macaroni and cheese and cheddar cheese in a bowl.
2. Pour the flour into a second bowl.
3. Pour the breadcrumbs into a third bowl.
4. Combine the eggs and milk in a fourth bowl and mix.
5. Use a small ice cream scoop to make ping pong-size balls out of the macaroni and cheese mixture.
6. Roll the mac and cheese balls in the flour, then the egg mixture, and finally the breadcrumbs. Lightly spray each mac and cheese ball with oil.
7. Set the cooking temperature to 360° F/182° C and the cooking time to 3 mins. Let the air fryer preheat.
8. Place the mac and cheese balls in the Inner Basket. Place the Air Flow Rack in the Outer Basket and place the Inner Basket on the Air Flow Rack. Insert the Outer Basket into the air fryer.
9. Set the cooking temperature to 360° F/182° C and the cooking time to 12 mins. Rotate the mac and cheese balls halfway through the cooking time.

Mozzarella Sticks

serves 5

Ingredients

1 1-lb. block mozzarella cheese

¼ cup flour

2 eggs

3 tbsp. nonfat milk

1 cup plain breadcrumbs

4 oz. tomato sauce, warm,
for dipping





Directions

1. Cut the mozzarella cheese into 3 x ½-in. sticks.
2. Pour the flour into a bowl.
3. Combine the egg and milk in a second bowl and mix.
4. Pour the breadcrumbs into a third bowl.
5. Dip the mozzarella sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Lay the breaded mozzarella sticks on a baking sheet. Place the sheet in the freezer until the sticks become solid (1–2 hrs.).
7. Press the French Fry Button (400° F/204° C) and set the cooking time to 3 mins. Let the air fryer preheat.
8. Place the mozzarella sticks in the Outer Basket, being careful not to overfill. Insert the Outer Basket into the air fryer. Lightly spray each mozzarella stick with oil.
9. Press the French Fry Button (400° F/204° C) and set the cooking time to 12 mins.
10. Serve the mozzarella sticks with the tomato sauce.

Coconut Shrimp

serves 5

Ingredients

18 large shrimp, raw,
peeled & deveined

1 ¼ cups unsweetened
coconut, dried

1 ½ cups panko breadcrumbs

6 oz flour

1 tbsp. cornstarch

½ cup egg whites, raw





Directions

1. Place the shrimp on paper towels.
2. Combine the coconut and breadcrumbs on a baking sheet and mix.
3. Combine the flour and cornstarch on a second baking sheet and mix.
4. Place the egg whites in a bowl.
5. Dip one shrimp at a time into the flour mixture, then the egg whites, and finally coconut mixture. Repeat until all the shrimp are coated. Lightly spray each shrimp with oil.
6. Press the Bake Button (320° F/160° C) and set the cooking time to 3 mins. Let the air fryer preheat.
7. Place the shrimp in the Outer Basket, being careful not to overcrowd. Insert the Outer Basket into the air fryer.
8. Press the Bake Button (320° F/160° C) and set the cooking time to 12 mins. Turn the shrimp halfway through the cooking time.

Bacon-Wrapped Potato Tots

serves 5+

Ingredients

- 1 16-oz. bag frozen extra-crispy potato tots
- 1 lb. medium-size bacon slices
- ½ cup shredded cheddar cheese
- 4 scallions
- 3 tbsp. sour cream





Directions

1. Wrap each potato tot with a piece of bacon.
2. Press the French Fry Button (400° F/204° C) and set the cooking time to 3 mins. Let the air fryer preheat.
3. Place the potato tots in the Outer Basket, being careful not to overcrowd. Insert the Outer Basket into the air fryer.
4. Press the French Fry Button (400° F/204° C) and set the cooking time to 8 mins.
5. Transfer the potato tots to a plate.
6. Spread the cheddar cheese and scallions over the potato tots and serve with the sour cream.

Beef Empanadas

serves 4+

Ingredients

- 1 tbsp. olive oil
- 1 lb. ground beef
- 2 cloves garlic, peeled & minced
- 1 small onion, peeled & minced
- ½ green pepper, seeded & diced
- ½ tsp. cumin
- ¼ cup tomato salsa
- sea salt, to taste
- ground black pepper, to taste
- 1 egg yolk
- 1 tbsp. milk
- 1 pack empanada shells





Directions

1. Place a sauté pan on the stove top. Heat the olive oil over high heat, add the ground beef, and cook until the meat is browned. Discard any excess fat.
2. Add the garlic and onion, cover the pan, and cook for 4 mins.
3. Lower the heat to low. Add the green pepper, cumin, salsa, sea salt, and black pepper and cook for 10 mins.
4. Combine the egg and milk to make an egg wash.
5. Place each empanada shell on the countertop. Add some of the cooked beef to half of the shells. Brush the edges of the shells with the egg wash, fold the dough over the meat, seal with a fork, and brush with the egg wash.
6. Press the French Fry Button (400° F/204° C) and set the cooking time to 3 mins. Let the air fryer preheat.
7. Place the empanadas (one or two per batch) in the Outer Basket. Insert the Outer Basket into the air fryer.
8. Press the French Fry Button (400° F/204° C) and set the cooking time to 10 mins.

Chicken Tenders

serves 4

Ingredients

½ cup flour

3 large eggs

2 oz. milk

1 cup panko breadcrumbs

8 chicken tenders

1 tsp. sea salt

½ tsp. ground black pepper

1 tsp. olive oil

4 oz. honey mustard, for
serving





Directions

1. Pour the flour onto a pan.
2. Combine the egg and milk in a bowl and mix.
3. Pour the breadcrumbs onto a separate pan.
4. Dip each chicken tender into the flour, then the egg mixture, and finally the breadcrumbs. Lightly spray each chicken tender with oil.
5. Press the French Fry Button (400° F/204° C) and set the cooking time to 3 mins. Let the air fryer preheat.
6. Place the chicken tenders in the Outer Basket. Insert the Outer Basket into the air fryer.
7. Press the French Fry Button (400° F/204° C) and set the cooking time to 14 mins. Flip the chicken tenders halfway through the cooking time.

Spring Rolls

serves 5

Ingredients

2 tbsp. grapeseed oil

2 cups sliced & chopped
cabbage

½ lb. shiitake mushrooms,
destemmed & sliced

1 tsp. minced ginger

1 clove garlic,
peeled & minced

3 scallions, chopped

8 oz. water
chestnuts, diced

½ lb. cooked shrimp, chopped

sea salt, to taste

ground black pepper, to taste

1 egg yolk

1 tbsp. water

6–8 spring roll wrappers

sweet chili sauce or a sauce of
your choice, for serving





Directions

1. Place a sauté pan on the stove top. Heat the grapeseed oil over high heat and then sauté the cabbage. Remove and reserve the cabbage.
2. Sauté the mushrooms, ginger, garlic, and scallions. Then, remove and reserve them.
3. Combine the cabbage, mushrooms, ginger, garlic, scallions, water chestnuts, shrimp, sea salt, and black pepper in a bowl to make the filling.
4. Combine the egg and water in a separate bowl to make the egg wash.
5. Once the filling is cooled, lightly squeeze any excess water from the filling.
6. Place each wrapper with a point facing you to form a diamond. Coat the top point of the wrapper with the egg wash. Place 2 tbsp. of filling on each wrapper. Roll up the wrappers, folding the sides up as you roll. Lightly spray each wrapper with oil.
7. Set the cooking temperature to 360° F/182° C and the cooking time to 3 mins. Let the air fryer preheat.
8. Place the spring rolls in the Outer Basket. Multiple batches may be required for smaller air fryer models. Insert the Outer Basket into the air fryer.
9. Set the cooking temperature to 360° F/182° C and the cooking time to 15 mins. Turn the spring rolls periodically.
10. Serve with the sweet chili sauce.

Roast Turkey Reuben

serves 2

Ingredients

2 tbsp. unsalted butter

4 slices rye bread

8 slices Swiss cheese

8 slices roasted turkey breast,
skin removed

4 tbsp. coleslaw

2 tbsp. Russian dressing





Directions

1. Spread the butter on one side of 2 slices of bread.
2. Lay the buttered bread slices, buttered side down, on a cutting board.
3. Layer the Swiss cheese, turkey, coleslaw, and dressing on top of each slice of bread. Top with the unbuttered bread slices.
4. Press the Bake Button (320° F/160° C) and set the cooking time to 3 mins. Let the air fryer preheat.
5. Place the sandwiches in the Outer Basket. Multiple batches may be required. Insert the Outer Basket into the air fryer.
6. Press the Bake Button (320° F/160° C) and set the cooking time to 12 mins. Flip the sandwiches halfway through the cooking time.
7. Slice the sandwiches before serving.

Bang Bang Shrimp

serves 6

Ingredients

¼ tsp. dried sriracha powder

1 cup cornstarch

2 lb. 21–25 shrimp,
peeled & deveined

¼ cup sweet chili sauce

¼ cup mayonnaise

iceberg lettuce, for serving





Directions

1. Mix the dried sriracha and cornstarch together in a bowl.
2. Coat the shrimp in the cornstarch mix.
3. Press the French Fry Button (400° F/204° C) and set the cooking time to 3 mins.
4. Place the shrimp in a single layer in the Outer Basket. Insert the Outer Basket into the air fryer.
5. Press the French Fry Button (400° F/204° C) and set the cooking time to 15 mins. Flip the shrimp after 10 mins.
6. While the shrimp cooks, combine the mayonnaise and sweet chili sauce.
7. Serve the shrimp over lettuce and with the sauce for dipping.

Orange Chicken

serves 4

Ingredients

1 lb. boneless & skinless chicken breast, cubed

1 egg, beaten

1 cup cornstarch

2 tsp. salt

½ tsp. ground black pepper

Orange Sauce

1 cup orange juice

2 tbsp. butter

2 tsp. low-sodium soy sauce

2 tsp. brown sugar

1 tsp. ginger, grated

1 tsp. garlic, grated

1 tsp. rice vinegar

1 tbsp. finely chopped scallion

1 pinch red pepper flakes

zest of 1 orange

white rice, for serving





Directions

1. Toss the chicken with the egg in a bowl.
2. Combine the cornstarch, salt, and black pepper in a separate small bowl and mix.
3. Coat the chicken with the cornstarch mixture. Shake off any excess cornstarch.
4. Press the French Fry Button (400° F/204° C) and set the cooking time to 3 mins.
5. Place the chicken in the Outer Basket. Insert the Outer Basket into the air fryer. Lightly spray the chicken with oil.
6. Press the French Fry Button (400° F/204° C) and set the cooking time to 15 mins.
7. Combine all the sauce ingredients in a pan and bring to a boil on the stove top. Then, lower the heat to simmer. Cook until reduced by half.
8. Transfer the cooked chicken to a bowl.
9. Add the sauce and toss to coat (**CAUTION: Contents will be hot**).
10. Serve the chicken over white rice with an extra drizzle of orange sauce.

Honey-Roasted Salmon

serves 2

Ingredients

¾ cup. honey

⅓ cup. sweet
soy sauce

2 tbsp. light brown sugar

¼ cup orange juice

2 tbsp. lemon juice

2 tbsp. red wine vinegar

2 tsp. olive oil

2 clove of garlic

1 scallion, chopped finely

2 4-oz. salmon fillets

salt & ground black pepper,
to season





Directions

1. Combine all the ingredients except the salmon, salt, and black pepper in a saucepan over low heat.
2. Bring to a boil and then lower to a simmer. Reduce for 15 mins., stirring often.
3. Rub each salmon fillet with olive oil and season with the salt and ground black pepper.
4. Press the Bake Button (320° F/160° C) and set the cooking time to 3 mins.
5. Place the salmon in the Outer Basket. Insert the Outer Basket into the air fryer.
6. Press the Bake Button (320° F/160° C) and set the cooking time to 12 mins.
7. Once the cooking cycle has finished, brush the salmon with the sauce.
8. Return the salmon to the air fryer. Press the Bake Button (320° F/160° C) and set the cooking time to 5 mins.
9. Serve with the sauce and chopped scallions.

Crunchy French Toast

serves 6

Ingredients

Egg Mixture

1 large egg

1 tsp. vanilla

1 tsp. salt

1 tbsp. unsalted
butter, melted

½ cup heavy cream

1 ripe banana,
mashed

1 brioche loaf,
cut into 12 slices

1 cup cinnamon crunch cereal,
crushed finely

Topping

½ cup chopped pecans

½ cup dried cranberries

1 ripe banana, sliced

maple syrup

Directions

1. Mix the egg, vanilla, salt, butter, cream, and the mashed banana in a bowl.
2. Dip the brioche slices into the egg mixture and coat the bread with the cereal crumbs.
3. Press the French Fry Button (400° F/204° C) and set the cooking time to 3 mins. Let the air fryer preheat.
4. Place the French toast slices (one per batch) in the Outer Basket. Insert the Outer Basket into the air fryer.
5. Press the French Fry Button (400° F/204° C) and set the cooking time to 10 mins. Flip the French toast halfway through the cooking time.
6. Top with the pecans, cranberries, banana slices, and syrup.

Peach Turnover

serves 4

Ingredients

1 ready-made pie dough

8 tbsp. peach pie filling

1 tbsp. sugar

Directions

1. Unroll the pie dough and cut the dough into four squares.
2. Fill each pie square with 2 tbsp. peach pie filling. Fold the squares over to make triangles and use a fork to seal the edges. Lightly spray each pie square with oil.
3. Press the Bake Button (320° F/160° C) and set the cooking time to 3 mins. Let the air fryer preheat.
4. Place the turnovers in the Outer Basket. Insert the Outer Basket into the air fryer.
5. Press the Bake Button (320° F/160° C) and set the cooking time to 15 mins. Flip the turnovers halfway through the cooking time.
6. Remove the turnovers and sprinkle with the sugar.

Chocolate-Hazelnut Spread Croissant

serves 4+

Ingredients

1 8-oz. can crescent rolls

8 tsp. chocolate

hazelnut spread





Directions

1. Unroll the crescent dough and separate into triangles.
2. Spread about 1 tsp. chocolate hazelnut spread over the top of each triangle, leaving about ¼ in. of space around the edges.
3. Roll each triangle up and over the filling from the widest end to the top point. Gently form into a crescent shape.
4. Press the Bake Button (320° F/160° C) and set the cooking time to 3 mins. Let the air fryer preheat.
5. Place some croissants in the Outer Basket. Smaller batches may be required for smaller air fryer models. Insert the Outer Basket into the air fryer.
6. Press the Bake Button (320° F/160° C) and set the cooking time to 8 mins.

Candied Bacon

serves 4

Ingredients

1 lb. thick bacon

¼ cup dark brown sugar

¼ tsp. cayenne pepper

2 tbsp. maple syrup





Directions

1. Lay the bacon strips onto the Air Flow Rack and trim as needed.
2. Sprinkle the brown sugar and cayenne pepper over the bacon and rub into the meat.
3. Brush the bacon with the maple syrup. Place the Rack in the air fryer. Press the Bake Button. Set the cooking temperature to 320° F/160° C and set the cooking time to 12 mins.
4. When the cooking cycle is complete, flip the bacon.
5. Press the Bake Button. Set the cooking temperature to 320° F/160° C and the cooking time to 12 mins.
6. Serve on a Charcuterie board.

Kale Chips

serves 4

Ingredients

2 bunches kale

2 tbsp. olive oil

1 tsp. salt

½ tsp. ground black pepper

½ tsp. granulated garlic

Directions

1. Remove the stems from the kale and break the kale into pieces.
2. Toss the kale with the olive oil, salt, ground black pepper, and garlic in a bowl.
3. Lay the kale onto the Air Flow Rack.
4. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button (2-hr. cooking time) and increase the cooking temperature to 130° F/55° C. Remove the kale when it becomes crispy (about 15–20 mins.).

Dried Herbs

makes about 1/3 cup

Ingredients

2 (0.75 oz.) packages fresh herbs (parsley, rosemary, thyme, tarragon, oregano, and sage work well)

Directions

1. Spread the fresh herbs onto the Air Flow Rack.
2. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button and increase the cooking temperature to 125° F/50° C to begin the cooking cycle. Depending on the herbs being cooked, adjust the cooking time:
 - **Parsley:** Adjust the cooking time to 1 hr. 30 mins.
 - **Rosemary:** Adjust the cooking time to 2 hrs.
 - **Thyme:** Adjust the cooking time to 3 hrs.
 - **Tarragon:** Adjust the cooking time to 3 hrs.
 - **Oregano:** Adjust the cooking time to 2 hrs.
 - **Sage:** Adjust the cooking time to 3 hrs.

Veggie Chips

serves 2

Ingredients

3 large parsnips,
peeled & sliced very thin

3 medium-sized beets,
peeled & sliced very thin

2 medium-sized
sweet potatoes,
peeled & sliced very thin





Directions

1. Layer the sliced parsnips, beets, and sweet potatoes onto the Air Flow Rack. Do not overlap the vegetables.
2. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button. Set the cooking temperature to 115° F/45° C and the cooking time to 10 hrs. to begin the cooking cycle. Additional time may be added for crispier chips.

Beef Jerky

serves 8

Ingredients

Marinade

4 tbsp. sweet soy sauce

5 tbsp. ketchup

½ tsp. ground black pepper

½ tsp. salt

½ tsp. garlic powder

dash of sriracha

2 lb. top round, sliced thinly





Directions

1. Combine the marinade ingredients in a bowl. Add the top round to the bowl.
2. Marinate the top round in the refrigerator for at least 1 hr. (preferably overnight).
3. Remove the meat from the marinade and pat it dry. Lay the meat onto the Air Flow Rack.
4. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button. Set the cooking temperature to 160° F/70° C and the cooking time to 6 hrs. to begin the cooking cycle.

Italian Croutons

serves 10

Ingredients

1 loaf crusty Italian bread,
cut into ½ inch cubes

⅓ cup extra virgin olive oil

1 tsp. salt

½ tsp. ground black pepper

1 tbsp. dried oregano





Directions

1. Toss all the ingredients together in a bowl.
2. Spread the bread cubes onto the Air Flow Rack.
3. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button. Set the cooking temperature to 350° F/175° C and the cooking time to 8 mins. to begin the cooking cycle.

Sun-Dried Tomatoes

serves 6

Ingredients

3 lb. plum tomatoes, halved





Directions

1. Place the tomato halves, skin side down, onto the Air Flow Rack.
2. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button and increase the cooking temperature to 145°F/63° C and the cooking time to 10 hrs. to begin the cooking cycle.

Almond Granola

serves 4

Ingredients

1 $\frac{2}{3}$ cups sliced almonds

1 cup rolled oats

$\frac{3}{4}$ cup flaked coconut

$\frac{1}{4}$ cup sunflower seeds,
shells removed

1 tsp. kosher salt

1 tsp. grape seed oil

$\frac{1}{3}$ cup honey

1 cup dried cherries, chopped





Directions

1. Combine the almonds, oats, coconut, sunflower seeds, and salt in a bowl and mix them together.
2. Add the grape seed oil and honey to the bowl. Toss to combine.
3. Line the Air Flow Rack with parchment paper and spread the granola evenly over the parchment.
4. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button. Set the cooking temperature to 220° F/105° C, and adjust the cooking time to 40 mins. to begin the cooking cycle.
5. After the cooking cycle is complete, add the cherries to the granola and toss to combine.
6. Let the granola cool before serving.

Crispy Green Beans

serves 4

Ingredients

1 lb. green beans,
trimmed and halved

¼ cup olive oil

1 tsp. salt

1 tsp. ground black pepper

Directions

1. Toss all the ingredients together in a large bowl.
2. Lay the green beans in a single layer onto the Air Flow Rack.
3. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button. Set the cooking temperature to 125° F/50° C and the cooking time to 6 hrs. to begin the cooking cycle.

Dried Mango Slices

serves 4

Ingredients

3 fresh mangos,
peeled and sliced

Directions

1. Layer the mango slices in a single layer onto the Air Flow Rack.
2. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button. Set the cooking temperature to 125° F/50° C and the cooking time to 10 hrs. to begin the cooking cycle.

Chewy Kiwi Slices

makes about 1/3 cup

Ingredients

6 kiwis, peeled and sliced
into 1/4 inch rounds

Directions

1. Lay the kiwi rounds in a single layer onto the Air Flow Rack.
2. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button. Set the cooking temperature to 125° F/50° C and the cooking time to 6 hrs. to begin the cooking cycle.

Strawberry Slices

serves 4

Ingredients

1 lb. strawberries,
sliced thin, stems removed

Directions

1. Lay the strawberries onto the Air Flow Rack in a single layer.
2. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button. Set the cooking temperature to 125° F/50° C and the cooking time to 8 hrs. to begin the cooking cycle. The strawberries may be cooked for up to 12 hrs. to increase crispiness.

Dried Orange Slices

serves 10

Ingredients

4 medium oranges, sliced





Directions

1. Lay the orange slices in a single layer onto the Air Flow Rack.
2. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button. Set the cooking temperature to 125° F/50° C and the cooking time to 10 hrs. to begin the cooking cycle.

Strawberry Roll-Ups

serves 20

Ingredients

vegetable oil, for spraying

2 lb. strawberries,
cored & chopped

4 tbsp. sugar

juice of 1 lemon





Directions

1. Line the Air Flow Rack with parchment paper and spray the Rack with vegetable oil.
2. Combine the strawberries, sugar, and lemon juice in a blender and blend until a smooth purée forms.
3. Spread the purée into a thin layer over the parchment paper.
4. Place the Rack in the Outer Basket. Insert the Outer Basket into the air fryer. Press the Power Button and then the Dehydrate Button. Set the cooking temperature to 170° F/75° C and the cooking time to 10 hrs. to begin the cooking cycle.
5. Once the cooking cycle has finished, remove the Rack.
6. Cut the parchment paper into 2 in.-thick strips using scissors, roll up the strips, and tie them with twine.

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