



NAME **AIR FRYER SWEET POTATO FRIES**

AIR FRYER INSTRUCTIONS:

- Preheat the air fryer to 370°F for 5 minutes.
- Spray the bottom of your air fryer lightly with cooking spray. Transfer half of the fries to the air-fryer. Spray the tops with a little bit of extra olive oil, then air fry for 10 minutes at 370°F. Shake the basket and cook another 5-8 minutes or until the fries are golden brown and crispy on the outside.
- Repeat the process for the remaining half of the meal. If your air fryer has enough room to cook everything in one batch, go for it! Just don't overcrowd the air fryer basket).

USE-BY-DATE

FREEZER FIT

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