

Foreword

S cook for yourself, eat a varied diet and, if possible, healthy: What the Best for us were, knowledge we everyone would now, if it weren't for the full-time job, university stress or the normal family hustle and bustle. But luckily there is a joker: the multi-talented hot air fryer - and this cookbook shows you what you can conjure up on your plate with it!

If you don't have space for an oven, want to fry with low fat or save electricity when baking, the hot air fryer is your best ally: it makes cooking, baking, frying or preparing entire meals child's play and at record speed. In addition, food becomes incomparably crispy and after use the device simply disappears into the cupboard. Convinced? Then grab this recipe book and discover the uncomplicated variety that you can bring to the table every day with minimal effort. Whether breakfast, baked goods, main courses, soups, snacks or desserts, here you will find a huge selection of delicacies for veggies, meat lovers, fish lovers and those with a sweet tooth alike.

Bon appetit!

KAISERSCHMARRN

Nutritional values per person: 654 kcal, 81 g carbohydrates, 27 g fat, 22 g protein

Difficulty level: easy

Preparation time: approx. 25

minutes Servings: 4

Ingredients:

500 ml milk

250 g flour

6 eggs

50 g cane sugar

65g butter

60 g raisins

1 pack of vanilla sugar

1 tsp baking powder

1 tbsp powdered sugar

1 pinch salt

Preparation:

1. Separate the eggs and mix the egg yolks with the sugar, vanilla sugar and salt. Beat it until fluffy.
2. Mix the flour with the baking powder and gradually add this mixture together with the milk to the egg yolk mixture.
3. Melt the butter in a saucepan and add it as well.
4. Beat the egg whites until stiff and fold them into the dough with the raisins.
5. Grease a pan suitable for the air fryer with butter and fill it with the batter.

6. Bake the Kaiserschmarrn for about 10 minutes at 170 °C before cutting it into small pieces with a fork.
7. Spread the powdered sugar on the Kaiserschmarrn.

MUESLI

Nutritional values per person: 808 kcal, 78 g carbohydrates, 42 g fat, 24 g protein

Difficulty level: easy

Preparation time: approx. 45 minutes

Servings: 2

Ingredients:

300 g oat flakes

150 g dried cranberries 100 g

pumpkin seeds

95 g hazelnuts

55 g coconut flakes

6 tsp sunflower oil

6 tsp honey

Preparation:

1. Chop the hazelnuts.
2. Mix the oat flakes with the honey, oil, coconut flakes and hazelnuts.
3. Roast the muesli in the air fryer at 170 °C for about 30 minutes.
4. Let the muesli cool and stir in the cranberries.

CHEESE - EGGS - MUFFINS

Nutritional values per person: 261 kcal, 2 g carbohydrates, 21 g fat, 15 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 2

Ingredients:

4 eggs

4 slices of bacon

1 tomato

20 g grated cheese

Preparation:

1. Wash the tomato and cut it into as small cubes as possible.
2. Mix the eggs with the tomato pieces and the cheese.
3. Fill the mixture into muffin tins and bake the muffins at 180 °C for about 10 minutes.
4. Cut the bacon into small pieces and place it on the muffins halfway through baking.

HACK TO BRANCH

Nutritional values per person: 223 kcal, 11 g carbohydrates, 13 g fat, 14 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 4

Ingredients:

4 slices of toast

4 slices of cheese

200 g minced meat

1 onion

pepper

salt

Preparation:

1. Peel the onion and chop it finely.
2. Put the onion and the minced meat in a pan with a little oil and fry until the meat is cooked through. Season the meat with pepper and salt to taste.
3. Place all ingredients on the toast.
4. Bake the toasts at 200 °C for about 4 minutes.

COOKED EGGS

Nutritional values per person: 66 kcal, 1 g carbohydrates, 5 g fat, 4 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 4

Ingredients:

4 eggs

Preparation:

1. Place the eggs as they are in the air fryer at 170 °C.
2. Cook the eggs according to the desired degree of hardness: for soft eggs 7 minutes, for medium-hard eggs 8 minutes and for hard-boiled eggs 10 minutes long.
3. Shock the finished eggs.

NUT - GRANOLA

Nutritional values per person: 702 kcal, 85 g carbohydrates, 29 g fat, 21 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 4

Ingredients:

150 g 4-grain flakes

60 g maple syrup

50 ml sunflower oil

50 g nut mix

25 g crushed linseed 25 g

oat bran

Preparation:

1. Mix the flakes with the oat bran, linseed and nuts.
2. Boil the oil briefly together with the maple syrup.
3. Mix the ingredients from steps 1 & 2 together well.
4. Put everything together in the air fryer and bake at 175 °C for about 15 minutes. Mix every 5 minutes.

FRENCH - TOAST-STICKS

Nutritional values per person: 430 kcal, 40 g carbohydrates, 24 g fat, 11 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 4

Ingredients:

250 ml milk

10 slices of toast

75g butter

50 g sugar

4 eggs

1 tsp cinnamon

1 tsp vanilla extract

Preparation:

1. Cut the toast into even strips.
2. Melt the butter and mix it with the milk, eggs and vanilla extract.
3. Mix the sugar with the cinnamon.
4. Dip the bread strips in the mixture and then coat them in the cinnamon-sugar mixture. Then bake them at 170 °C for about 8 minutes.

CANDY-BACON

Nutritional values per person: 347 kcal, 78 g carbohydrates, 3 g fat, 2 g protein

Difficulty level: easy

**Preparation time: approx. 25
minutes Servings: 4**

Ingredients:

8 slices bacon 150 g
brown sugar 6 tbsp
honey
1 tsp pepper

Preparation:

1. Mix the pepper with the sugar.
2. Brush the bacon with honey.
3. Sprinkle the sugar on the bacon.
4. Candy the bacon at 160 °C for about 20 minutes.

SPIN AT- OMELET

Nutritional values per person: 149 kcal, 4 g carbohydrates, 10 g fat, 9 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 2

Ingredients:

100 ml milk
3 eggs
50 g spinach

Preparation:

1. Mix the milk with the eggs and place both in a baking dish suitable for the air fryer.
2. Fold in the spinach and season the omelette with pepper and salt.
3. Bake the omelette for about 8 minutes at 180 °C.

BACON-BURGERS

Nutritional values per person: 202 kcal, 10 g carbohydrates, 14 g fat, 9 g protein

Difficulty level: easy

**Preparation time: approx. 15
minutes Servings: 2**

Ingredients:

8 slices bacon
2 burger
buns
ketchup
Fried onions

Preparation:

1. Place the bacon in the air fryer at 220 °C for about 8 minutes.
2. Cut the buns open and spread both halves with ketchup or a sauce of your choice.
3. Place the bacon on the burgers and sprinkle some fried onions on top. Then fold the burgers closed.

CHOCOLATE PANCAKES

Nutritional values per person: 408 kcal, 45 g carbohydrates, 20 g fat, 11 g protein

Difficulty level: easy

Preparation time: approx. 20

minutes Servings: 2

Ingredients:

125 ml milk

40 g flour

30 g corn starch

10g butter

3 eggs

1 tbsp sugar

4 tbsp chocolate sprinkles

1 tbsp lemon juice

Preparation:

1. Separate the eggs and beat the egg whites until stiff.
2. Mix the remaining ingredients into a dough.
3. Fold in the egg whites.
4. Bake the pancakes one after the other at 180 °C for about 8 minutes.



Salads

RAW FOODSAL AT

Nutritional values per person: 502 kcal, 30 g carbohydrates, 19 g fat, 44 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 2

Ingredients:

5 carrots

1 radish

10 radishes

1 bell pepper

1 Cucumber

2 tbsp oil

300 g turkey breast strips

Preparation:

1. Place the turkey breast and oil in the air fryer and cook for 12 minutes at 220 °C.
2. In the meantime, cut all other ingredients into bite-sized pieces.
3. Mix all ingredients together.

BROTSAL AT

Nutritional values per person: 508 kcal, 41 g carbohydrates, 31 g fat, 17 g protein

Difficulty level: easy

Preparation time: approx. 25 minutes

Servings: 4

Ingredients:

250 g stale bread

350 g cherry tomatoes

50 g pine nuts

1 red onion

2 tbsp olive oil

Preparation:

1. Cut the bread into cubes, toss it in the oil and place it in the air fryer at 180 °C for about 15 minutes.
2. In the meantime, chop the other ingredients into small pieces.
3. Mix all ingredients together in a large bowl.

CRISPY - SAL AT

Nutritional values per person: 403 kcal, 32 g carbohydrates, 17 g fat, 22 g protein

Difficulty level: easy

Preparation time: approx. 25

minutes Servings: 2

Ingredients:

300 g iceberg lettuce

100 g kidney beans

200 g chickpeas 100

g white beans 20 ml

linseed oil

Herbal salt

Preparation:

1. Wash the chickpeas and beans and drain them.
2. Place the chickpeas and beans in the air fryer at 200 °C for about 20 minutes.
3. In the meantime, wash the iceberg lettuce and cut it into bite-sized pieces.
4. Mix all ingredients together.

GYROS - SAL AT

Nutritional values per person: 349 kcal, 5 g carbohydrates, 18 g fat, 39 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 4

Ingredients:

500 g gyros
200g feta
300 g lamb's
lettuce 3
tomatoes
1 Cucumber
2 tbsp oil

Preparation:

1. Place the meat and oil in the air fryer at 180 °C for about 9 minutes.
2. In the meantime, wash the tomatoes, lamb's lettuce and cucumber.
3. Cut the tomato, cucumber and feta into cubes.
4. Mix all ingredients in a salad bowl.



Breads and rolls

BANANA BREAD

Nutritional values per person: 278 kcal, 39 g carbohydrates, 11 g fat, 6 g protein

Difficulty level: easy

Preparation time: approx. 50 minutes

Servings: 1 bread

Ingredients:

120 g wholemeal flour

40 g walnuts

100 g sugar

20g butter

1 tsp baking powder

2 ripe bananas

2 eggs

Preparation:

1. Mash the bananas and mix them with the eggs.
2. Mix the butter with the sugar and stir in the banana mixture.
3. Add the remaining ingredients and mix well.
4. Bake the bread at 150 °C for about 40 minutes.

WHOLEMEAL BREAD

Nutritional values per person: 452 kcal, 64 g carbohydrates, 13 g fat, 18 g protein

Difficulty level: easy

Preparation time: approx. 100

minutes Servings: 1 bread

Ingredients:

500 g wholemeal flour

150 g sunflower seeds, linseed etc. 450 ml
water

1 pack of dry yeast

1 tbsp vinegar

1 tsp salt

Preparation:

1. Dissolve the yeast in the water and add the salt and vinegar.
2. Knead all ingredients together to form a dough.
3. Let the dough rise for about 30 minutes.
4. Bake the bread at 180 °C for about 50 minutes.

FLATBREAD

Nutritional values per person: 198 kcal, 35 g carbohydrates, 4 g fat, 6 g protein

Difficulty level: easy

Preparation time: approx. 140

minutes Servings: 1 bread

Ingredients:

250 g wheat flour

4 g dry yeast

125 ml water

1 tbsp olive oil

1 tbsp Greek yogurt 1 tsp

salt

Preparation:

1. Mix all ingredients into a smooth dough.
2. Let the dough rest for about 2 hours.
3. Bake the flatbread at 180 °C for about 20 minutes.

RYE BREAD

Nutritional values per person: 351 kcal, 57 g carbohydrates, 8 g fat, 9 g protein

Difficulty level: easy

Preparation time: approx. 90

minutes Servings: 1 loaf

Ingredients:

250 g wheat flour

250 g rye flour

1 pack of dry yeast

300 ml warm water

3 tbsp olive oil

2 tsp salt

Preparation:

1. Knead all ingredients into a smooth dough.
2. Cover the dough and let it rise for at least 60 minutes.
3. Knead the dough again and then shape it into bread.
4. Place the bread in the air fryer and bake at 180 °C for about 12 minutes.

FRANZBRÖTCHEN

Nutritional values per person: 391 kcal, 78 g carbohydrates, 4 g fat, 11 g protein

Difficulty level: easy

Preparation time: approx. 60 minutes

Servings: 4

Ingredients:

500 g flour

150g butter

200 ml milk

100 g sugar

1 egg

1 cube of yeast

1 tsp cinnamon

Preparation:

1. Heat the milk together with 50 g butter and dissolve the yeast in it.
2. Then add 50 g sugar and the salt.
3. Mix the flour with the mixture from step 1 and the egg. Knead everything into a smooth dough.
4. Let the dough rise for about 30 minutes.
5. In the meantime, mix the remaining butter with the sugar and cinnamon. Heat the mixture slightly.
6. Roll out the dough and spread the mixture from step 5 on it.
7. Roll the dough together and cut it into equal-sized pieces.
8. Bake the Franzbrötchen at 180 °C for about 15 minutes.

PULL-OFF BREAD

Nutritional values per person: 336 kcal, 60 g carbohydrates, 8 g fat, 6 g protein

Difficulty level: easy

Preparation time: approx. 145

minutes Servings: 1 bread

Ingredients:

400 g flour

200 ml water

1 pack of dry yeast

30 ml olive oil

1 pinch sugar

1 pinch salt

Preparation:

1. Knead all ingredients into a smooth dough.
2. Let the dough rest for 60 - 90 minutes.
3. Form the dough into individual balls and place them next to and on top of each other in the air fryer so that they touch each other.
4. Now bake the pull-apart bread for about 20 - 25 minutes at 180 °C.

QUARK - ROLLS

Nutritional values per person: 391 kcal, 78 g carbohydrates, 4 g fat, 11 g protein

Difficulty level: easy

Preparation time: approx. 110

minutes Servings: 4

Ingredients:

400 g flour

150 ml water

150 g spring quark

1 pinch sugar

1 tsp dry yeast

1 tsp salt

Preparation:

1. Mix the flour with the spring curd and salt.
2. Dissolve the yeast in the water and add the sugar.
3. Mix the mixtures from the first two steps together and knead everything well until you have a smooth dough.
4. Cover the dough and let it rise for at least 90 minutes.
5. Form the dough into about 8 rolls and cut into the top.
6. Bake the rolls at 180 °C for about 13 minutes.



Main courses with meat

PORK BELLY

Nutritional values per person: 421 kcal, 3 g carbohydrates, 23 g fat, 50 g protein

Difficulty level: easy

Preparation time: approx. 65 minutes

Servings: 4

Ingredients:

1 kg pork belly

2 tbsp garlic powder

1 tbsp caraway

50 g salt

Preparation:

1. Rub the meat with the spices.
2. Cook the meat at 200 °C for at least 60 minutes. It should be cooked through. The cooking time may vary depending on the thickness of the pork belly.

OLIVES - MEATBALLS

Nutritional values per person: 375 kcal, 12 g carbohydrates, 27 g fat, 26 g protein

Difficulty level: easy

Preparation time: approx. 40 minutes

Servings: 4

Ingredients:

500 g minced meat

75 g olives (pitted) 2

cloves of garlic

1 onion

50 g breadcrumbs

2 tbsp parsley (chopped)

Preparation:

1. Peel and chop the onion and garlic.
2. Mix all ingredients, except the olives, into a mass.
3. Form the minced meat mixture into balls. Press the Flatten the balls, place an olive in each one and roll the meat so that it completely encloses the olive.
4. Bake the meatballs at 190 °C for about 25 minutes.

ONE - POT - CHICKEN

Nutritional values per person: 867 kcal, 32 g carbohydrates, 50 g fat, 66 g protein

Difficulty level: easy

Preparation time: approx. 40 minutes

Servings: 4

Ingredients:

500 g chicken breast fillet

200 ml coconut milk

400 g chopped tomatoes

2 garlic cloves

1 onion

1 red pepper

1 green pepper

2 tbsp olive oil

2 tsp curry powder

1 tsp salt

1 tsp paprika powder

1 tsp turmeric

1 tsp cumin

Preparation:

1. Cut the chicken breast fillet into bite-sized pieces.
2. Peel the garlic and onion and chop them finely. Wash the peppers before removing the seeds and cutting them into cubes.
3. Brush the basket of the air fryer with olive oil.
4. Fry the onion and garlic for about 3 minutes at 200 °C. Then add the peppers and cook everything together for another 3 minutes.

5. Finally, add the meat. Fry it for about 5 minutes until it turns brown.
6. Add all the spices and mix well.
7. Finally, pour the coconut milk and chopped tomatoes into the air fryer. Stir well and let everything Simmer together for 10 – 15 minutes.

TANDOORI - SKEWERS

Nutritional values per person: 107 kcal, 1 g carbohydrates, 2 g fat, 21 g protein

Difficulty level: easy

**Preparation time: approx. 50
minutes Servings: 8**

Ingredients:

8 chicken fillets

2 tsp tandoori paste

2 tbsp Greek yoghurt

Pepper

Salt

Preparation:

1. Mix the paste with the yoghurt and turn the Chicken fillets in it. Let the meat simmer for about 30 minutes.
2. Skewer the meat and cook it at 200 °C for about 15 minutes.

CHICKEN - Thigh WITH YOGURT SAUCE

Nutritional values per person: 600 kcal, 17 g carbohydrates, 34 g fat, 54 g protein

Difficulty level: easy

Preparation time: approx. 30 minutes

Servings: 2

Ingredients:

2 chicken legs
300 g yoghurt
2 garlic cloves
2 tbsp rapeseed oil
1 dash of lemon juice
2 tablespoons chopped parsley
Salt
pepper

Preparation:

1. Rub the chicken thighs with the oil and season them.
2. Bake the chicken at 180 °C for about 25 minutes.
3. In the meantime, peel and chop the garlic.
4. Mix the yoghurt with the remaining ingredients and season the sauce with pepper and salt.

LASAGNE

Nutritional values per person: 749 kcal, 45 g carbohydrates, 35 g fat, 63 g protein

Difficulty level: easy

Preparation time: approx. 40

minutes Servings: 4

Ingredients:

10 lasagne sheets
500 ml Bolognese
sauce 150 g grated
cheese 400 ml
Béchamel sauce
3 slices of cooked ham

Preparation:

1. Take a baking dish suitable for the air fryer and spread a layer of béchamel sauce on the bottom.
Cover the sauce with lasagne sheets.
2. Cover the lasagne sheets with a layer of Bolognese sauce, then with cooked ham.
3. Continue creating layers in this way until all the ingredients are used up.
4. Spread the cheese on the top layer.
5. Bake the lasagne at 140 °C for about 30 minutes.

BURGER - CRISPY CHICKEN

Nutritional values per person: 320 kcal, 32 g carbohydrates, 7 g fat, 31 g protein

Difficulty level: easy

Preparation time: approx. 30 minutes

Servings: 4

Ingredients:

4 burger buns
2 chicken breast fillets
100 g cornflakes
2 eggs
4 lettuce leaves
2 tomatoes
1 red onion
ketchup

Preparation:

1. Peel the onion and wash the tomatoes. Cut both into rings/slices.
2. Crush the cornflakes.
3. Flatten the chicken breast fillet.
4. Whisk the eggs and coat the meat in them.
5. Then turn the meat in the cornflakes
6. Place the meat in the hot air fryer for 10 - 15 minutes at 170 °C.
7. Cut the buns in half and spread the mixture on each half. Top the burgers with the tomato, onion and lettuce and finally add the meat. Close the burgers.

BBQ-WINGS

Nutritional values per person: 722 kcal, 26 g carbohydrates, 49 g fat, 43 g protein

Difficulty level: easy

Preparation time: approx. 35 minutes

Servings: 4

Ingredients:

15 chicken wings
50 g BBQ sauce
30 g tomato paste
4 tbsp corn flour
2 tsp garlic powder
½ tsp coriander
30 g butter
1 tsp soy sauce

Preparation:

1. Mix the corn flour with the garlic powder and coriander and roll the wings in it.
2. Bake the wings at 190 °C for about 30 minutes.
3. In the meantime, melt the butter in a saucepan. Then stir in the remaining ingredients.
4. Pour the sauce over the finished chicken wings.

MEATBALLS

Nutritional values per person: 820 kcal, 38 g carbohydrates, 50 g fat, 55 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 4

Ingredients:

900 g minced meat

200 g breadcrumbs

50g Parmesan

2 eggs

1 garlic clove

parsley

pepper

Salt

Preparation:

1. Peel and chop the garlic.
2. Knead all ingredients into a homogeneous mass.
3. Season the mixture with the spices and parsley.
4. Form the mixture into small balls and bake them at 175 °C for 10 to 15 minutes.

MEAT SKEWERS

Nutritional values per person: 451 kcal, 7 g carbohydrates, 18 g fat, 64 g protein

Difficulty level: easy

Preparation time: approx. 90 minutes

Servings: 4

Ingredients:

500 g meat
1 bell pepper
1 onion
3 tbsp rapeseed oil
salt paprika powder
pepper
Herbal mixture

Preparation:

1. Cut the meat, peppers and onions into cubes.
2. Mix the oil with the spices to make a marinade.
3. Dip the meat in the marinade and let it marinate for about 60 minutes.
4. Skewer everything.
5. Place the skewers in the hot air fryer at 200 °C for approx. 25 minutes.

CRUMBLED-CHICKEN

Nutritional values per person: 583 kcal, 11 g carbohydrates, 21 g fat, 87 g protein

Difficulty level: easy

Preparation time: approx. 20

minutes Servings: 4

Ingredients:

8 chicken fillets

25 g breadcrumbs

2 tbsp vegetable oil

1 egg

Preparation:

1. Cut the fillet into as small pieces as possible.
2. Whisk the egg and place it in a bowl.
3. Mix the breadcrumbs with the oil.
4. Roll the pieces of meat first in the egg and then in the breadcrumbs-oil mixture.
5. Place the crumbled chicken in the air fryer at 175 °C for about 15 minutes.

WANTAN

Nutritional values per person: 730 kcal, 96 g carbohydrates, 29 g fat, 21 g protein

Difficulty level: easy

Preparation time: approx. 60 minutes

Servings: 4

Ingredients:

430 g flour

350 g minced meat

250 ml water

60 g cornstarch

50 g Chinese cabbage

50 ml soy sauce

2 dashes of fish sauce

2 tbsp mirin

1 tsp salt

Preparation:

1. Stir the salt into the water and bring to the boil.
2. Mix the flour with the cornstarch and then gradually add the water.
3. Wrap the dough in cling film and place it in the fridge for 30 minutes.
4. Wash the Chinese cabbage and chop it finely.
5. Mix all remaining ingredients together.
6. Roll out the dough and cut out evenly sized squares or circles.
7. Fill the dough pieces and fold the edges upwards. Twist the edges together slightly so that the wontons do not fall apart.

8. Bake the wontons at 180 °C for about 8 minutes.

ME AT BALL - DOGS

Nutritional values per person: 479 kcal, 33 g carbohydrates, 25 g fat, 30 g protein

Difficulty level: easy

Preparation time: approx. 35 minutes

Servings: 4

Ingredients:

500 g minced meat

1 onion

30 g parsley

100g ketchup

100 g plum jam

4 hot dog buns salt

pepper

Preparation:

1. Peel and chop the onion together with the parsley.
2. Knead the minced meat with the onion and parsley.
3. Form the meat mixture into meatballs and bake them for 20 minutes at 200 °C.
4. Mix the ketchup with the plum jam and season the sauce with salt and pepper.
5. Cut the rolls lengthwise, place about 3 minced meat balls in them and pour the sauce over them.

CHICKEN FILLET

Nutritional values per person: 551 kcal, 2 g carbohydrates, 23 g fat, 84 g protein

Difficulty level: easy

**Preparation time: approx. 30
minutes Servings: 4**

Ingredients:

800 g chicken fillet

3 tbsp oil

2 tsp roast chicken seasoning

Preparation:

1. Mix the spices with the oil and coat the meat with this mixture.
2. Bake the chicken at 200 °C for about 25 minutes.

BAGUETTE À LA PROVENCE

Nutritional values per person: 528 kcal, 28 g carbohydrates, 33 g fat, 28 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 4

Ingredients:

4 baked baguettes
100 ml cream
100 g sour cream
125 g cooked ham
125 g grated cheese
125 g bacon cubes

Preparation:

1. Cut the cooked ham into small cubes.
2. Mix the cream with the sour cream.
3. Fold in the two types of ham and the cheese.
4. Cut the baguettes in half and spread the ham and cheese mixture on the halves.
5. Place the baguettes in the air fryer at 180 °C for about 15 minutes.

AUTUMNAL TURKEY SCHNITZEL

Nutritional values per person: 427 kcal, 30 g carbohydrates, 8 g fat, 57 g protein

Difficulty level: easy

**Preparation time: approx. 40
minutes Servings: 4**

Ingredients:

4 turkey breast fillets
2 eggs
6 tbsp breadcrumbs
2 tbsp wheat flour
2 tsp pumpkin seeds
1 tsp salt
1 tsp pepper

Preparation:

1. Season the fillets with pepper and salt.
2. Whisk the eggs and place them on a plate.
3. Chop the pumpkin seeds and place them on another plate together with the breadcrumbs.
4. First coat the fillets in flour, then in eggs and finally in the breadcrumbs.
5. Cook the meat at 190 °C for about 20 minutes.

STUFFED PEPPERS

Nutritional values per person: 596 kcal, 30 g carbohydrates, 37 g fat, 32 g protein

Difficulty level: medium

Preparation time: approx. 50 minutes

Servings: 4

Ingredients:

500 g minced meat
4 peppers
2 garlic cloves
1 onion
400 g chopped tomatoes
200 g cooked rice
50 g grated cheese
1 tbsp tomato paste
2 tbsp olive oil
salt
pepper

Preparation:

1. Remove the top and core of the pepper.
2. Peel and chop the onion and garlic.
3. Mix the minced meat with the onion, garlic, rice, tomato paste, chopped tomatoes and some salt and pepper.
4. Fill the peppers with the minced meat mixture.
5. Place the peppers in the air fryer at 200 °C for about half an hour.
6. After 25 minutes, sprinkle the cheese over the peppers.

FLAMINGO

Nutritional values per person: 261 kcal, 26 g carbohydrates, 11 g fat, 6 g protein

Difficulty level: easy

Preparation time: approx. 70

minutes Servings: 4

Ingredients:

150 g wheat flour

75 g bacon cubes

50 ml sparkling water

50 g quark 30 g

crème fraîche 25

ml rapeseed oil

1 red onion

1 pinch salt

1 pinch pepper

Preparation:

1. Mix the flour with the oil, salt and sparkling water.
2. Knead the dough well and then let it rest for about 60 minutes.
3. Place the bacon cubes in the air fryer for 2 minutes at 200 °C.
4. Mix the quark with the crème fraîche and season the cream with pepper and salt.
5. Cut the onion into rings.
6. Spread out the dough and cut it into pieces small enough to fit into the air fryer.

7. Spread the cream on the dough pieces and top them with onion rings and ham cubes.
8. Bake the tarte flambées in the hot air fryer at 180 °C for about 10 minutes.

CHICKEN SCHNITZELMITCHI PS - PA NADE

Nutritional values per person: 369 kcal, 10 g carbohydrates, 12 g fat, 55 g protein

Difficulty level: easy

**Preparation time: approx. 30
minutes Servings: 4**

Ingredients:

4 chicken breast fillets
4 handfuls of potato chips
2 eggs
1 tbsp wheat flour
2 tsp
rapeseed oil
salt
pepper

Preparation:

1. Wash the chicken fillets and pat them dry. Then pound them as flat as possible.
2. Crumble the chips and place them on a plate.
3. Whisk the eggs with some salt and pepper and place them on a plate.
4. Dip the fillets first in the flour, then in the eggs and finally in the breading.
5. Place the schnitzel in the hot air fryer at 180 °C for approx. 15 - 20 minutes.



Main courses with fish

TUNA STEAK

Nutritional values per person: 207 kcal, 3 g carbohydrates, 12 g fat, 22 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 4

Ingredients:

4 tuna steaks

4 tbsp sesame seeds

2 tbsp oil

1 tbsp soy sauce

1 tsp salt

1 tsp sugar

Preparation:

1. Mix the spices together.
2. Brush the fish with soy sauce and then roll it in the spices.
3. Pour the oil over the fish and bake at 200 °C for about 10 minutes.

FISH STICKS

Nutritional values per person: 671 kcal, 21 g carbohydrates, 51 g fat, 30 g protein

Difficulty level: easy

Preparation time: approx. 25 minutes

Servings: 4

Ingredients:

600 g skinned fish fillet
80 g cornflakes
80 g coconut flakes
2 limes
2 tbsp olive oil
salt

Preparation:

1. Debone the fish and cut it into strips.
2. Drizzle the fish with olive oil and add some salt.
3. Rinse the limes with hot water and grate the peel. Squeeze out 4 tablespoons of juice.
4. Mix the lime juice with the coconut flakes and the cornflakes.
5. Turn the fish in the breading created in step 4.
6. Bake the fish at 200 °C for about 10 minutes.

FISH REEL

Nutritional values per person: 290 kcal, 7 g carbohydrates, 20 g fat, 19 g protein

Difficulty level: easy

Preparation time: approx. 25 minutes

Servings: 2

Ingredients:

150 g fish fillet
4 spring roll wrappers
1 egg
1 tbsp lemon juice
1 tbsp butter
1 pinch
salt
pepper

Preparation:

1. Wash the fish fillet, pat it dry and then chop it as finely as possible.
2. Season the fish with pepper, lemon juice and salt.
3. Spread out the spring roll wrappers and divide the fish between all the wrappers, placing it as centrally as possible.
4. Separate the egg and brush the edges of the leaves with the egg white. Now roll up the leaves.
5. Mix the egg yolk with the butter and spread the mixture over the rolls.
6. Place the fish rolls in the air fryer at 180 °C for about 12 minutes.

FISH - DOG

Nutritional values per person: 247 kcal, 3 g carbohydrates, 17 g fat, 21 g protein

Difficulty level: easy

**Preparation time: approx. 25
minutes Servings: 2**

Ingredients:

2 hot dog buns
6 fish fingers
50 g fried onions
ketchup
Remoulade

Preparation:

1. Place the fish fingers in the air fryer at 180 °C for about 10 minutes.
2. Cut the buns in half and fill them with remoulade, ketchup and fried onions.
3. Finally, place the fish fingers into the hot dog buns.

GARLIC - PRAWNS

Nutritional values per person: 247 kcal, 3 g carbohydrates, 17 g fat, 21 g protein

Difficulty level: easy

**Preparation time: approx. 75
minutes Servings: 2**

Ingredients:

200 g shrimp
2 garlic cloves
2 tbsp olive oil

Preparation:

1. Peel and chop the garlic.
2. Mix the garlic with the olive oil.
3. Brush the shrimp with the garlic oil and let them sit for about 60 minutes.
4. Cook the prawns at 180 °C for about 10 minutes.

P.A.NEVER GET PIKE

Nutritional values per person: 266 kcal, 15 g carbohydrates, 10 g fat, 29 g protein

Difficulty level: easy

Preparation time: approx. 40 minutes

Servings: 4

Ingredients:

4 hake fillets

8 tbsp breadcrumbs

1 egg

1 tbsp olive

oil salt

Preparation:

1. Whisk the egg.
2. Wash the fish, salt it on both sides and then let it sit for about 30 minutes.
3. Roll the fish first in the egg and then in the breadcrumbs. Repeat the process until you have a thick coating.
4. Brush the fish with olive oil and bake it at 200 °C for about 10 minutes.

TUNA - MEATBALLS

Nutritional values per person: 326 kcal, 2 g carbohydrates, 22 g fat, 30 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 4

Ingredients:

200 g tuna

400 g minced meat

1 garlic clove

1 onion

1 tbsp

mustard

pepper

salt

Preparation:

1. Peel and chop the onion and garlic.
2. Mix all ingredients together to form a mass.
3. Form the mixture into meatballs and bake them at 180 °C for about 15 minutes in the hot air fryer.

SALMON FILLET

Nutritional values per person: 588 kcal, 4 g carbohydrates, 42 g fat, 47 g protein

Difficulty level: easy

Preparation time: approx. 70 minutes

Servings: 2

Ingredients:

2 salmon fillets

2 tsp olive oil

2 tsp paprika

powder pepper

Salt

Preparation:

1. Mix the olive oil with the spices and rub it into the fish.
2. Allow the spices to infuse for about 60 minutes.
3. Cook the fish at 200 °C for about 7 minutes.

ZANDERIMSTRUDE LT EIG

Nutritional values per person: 949 kcal, 56 g carbohydrates, 65 g fat, 32 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 2

Ingredients:

200 g pike-perch fillet
150 ml cream
100 g leaf spinach
3 sheets of strudel dough
2 tbsp oil
1 tbsp lemon juice
1 egg
white
Salt
Pepper

Preparation:

1. Chop the pike-perch fillet using a food processor or mince it with a knife.
2. Wash the spinach and put it in boiling water for about 1 minute. Then rinse the spinach and cut off the stems.
3. Mix the chopped fish fillet with the cream, oil and lemon juice and season with salt and pepper.
4. Lay out the strudel sheets and spread the fish mixture on top.
5. Brush the edges of the dough with egg white and roll them up.
6. Bake the pike-perch at 160 °C for about 15 minutes.

FISH SKEWERS

Nutritional values per person: 639 kcal, 90 g carbohydrates, 11 g fat, 41 g protein

Difficulty level: easy

Preparation time: approx. 30 minutes

Servings: 4

Ingredients:

500 g cod
1 red onion
1 bell pepper
4 garlic cloves
4 tbsp olive oil
1 tsp salt

Preparation:

1. Cut the fish, onion and pepper into bite-sized pieces.
2. Peel and chop the garlic. Mix it with the olive oil and salt.
3. Skewer the solid ingredients and dip the skewers in the marinade.
4. Bake the skewers at 180 °C for about 15 minutes.

SALMON - ASPARAGUS - CASSEROLE

Nutritional values per person: 495 kcal, 18 g carbohydrates, 33 g fat, 31 g protein

Difficulty level: easy

Preparation time: approx. 75

minutes Servings: 4

Ingredients:

300 g salmon
200 ml cream
200 ml milk
200 g asparagus
20g butter
2 Eggs
3 Spring onions
1 garlic clove
pepper
Salt

Preparation:

1. Peel and crush the garlic. Wash the spring onions and chop them finely. Also cut the fish into bite-sized pieces.
2. Peel the asparagus and cut it into bite-sized pieces. Then place it in boiling water for a short time.
3. Mix the cream with the milk, butter, eggs and a little pepper and salt. Add the garlic.
4. Put all the ingredients in the baking dish and sprinkle the cheese on top.
5. Bake everything at 175 °C for about 60 minutes.

GRILLED SQUID

Nutritional values per person: 150 kcal, 4 g carbohydrates, 3 g fat, 27 g protein

Difficulty level: easy

Preparation time: approx. 35 minutes

Servings: 4

Ingredients:

600 g squid tubes

2 tsp fish seasoning

4 tbsp olive oil

Preparation:

1. Cut the squid into bite-sized pieces.
2. Mix the oil with the spices and toss the squid in it.
3. Bake the fish at 180 °C for about 30 minutes.

SALMON WITH CRAB FILLING

Nutritional values per person: 328 kcal, 4 g carbohydrates, 19 g fat, 34 g protein

Difficulty level: easy

Preparation time: approx. 55

minutes Servings: 6

Ingredients:

6 salmon fillets

1 egg

100 g cream cheese

50g Parmesan

170 g crab meat

2 tbsp breadcrumbs

1 tsp mayonnaise

1 tsp paprika powder

½ tsp pepper

½ tsp salt

Preparation:

1. Mix the egg with the mayonnaise, breadcrumbs and cream cheese and season the mixture with paprika powder, pepper and salt.
2. Fold in the crab meat and Parmesan. Place the mixture in the refrigerator for about 30 minutes.
3. Rinse the fish and pat it dry, then cut it in half and stuff it.
4. Bake the fish at 175 °C for about 18 minutes.

FRIED FISH

Nutritional values per person: 714 kcal, 58 g carbohydrates, 41 g fat, 26 g protein

Difficulty level: easy

Preparation time: approx. 25

minutes Servings: 2

Ingredients:

2 fish fillets

130 ml beer

130 g flour

2 eggs

50g butter

1 tsp salt

Preparation:

1. Mix the ingredients for the dough together.
2. Turn the fish in the batter.
3. Bake the fish at 180 °C for about 18 minutes.

PRAWNS - S P A GHETTI

Nutritional values per person: 639 kcal, 90 g carbohydrates, 11 g fat, 41 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 2

Ingredients:

250 g shrimp

250 g spaghetti

2 tomatoes

1 tbsp olive oil

Herb mixture

pepper

Salt

Preparation:

1. Place the spaghetti in boiling salted water and cook for 8 – 10 minutes.
2. Brush the prawns with the oil and place them at 180 °C for approx. 15 minutes in the hot air fryer.
3. In the meantime, chop the tomatoes and add them to the prawns in the fryer for another 5 minutes.
4. Season the shrimp and stir them into the spaghetti.



Vegetarian main courses

BUTTERMILK - MUSHROOMS

Nutritional values per person: 478 kcal, 82 g carbohydrates, 8 g fat, 13 g protein

Difficulty level: easy

Preparation time: approx. 35 minutes

Servings: 2

Ingredients:

240 ml buttermilk

200 g flour

250 g mushrooms

1 tbsp oil

1 tsp salt

1 tsp garlic powder

1 tsp pepper

Preparation:

1. Clean the mushrooms and soak them in the buttermilk for 15 minutes.
2. Mix the flour with the spices.
3. Turn the mushrooms in the flour.
4. Cook the mushrooms at 190 °C for about 5 minutes, then brush them with oil and cook for another 10 minutes.

CARDBOARD BUFFER

Nutritional values per person: 114 kcal, 20 g carbohydrates, 2 g fat, 3 g protein

Difficulty level: easy

Preparation time: approx. 60 minutes

Servings: 4

Ingredients:

4 potatoes

1 egg

1 onion

3 tbsp flour

1 pinch salt

1 pinch garlic powder

1 pinch paprika powder

Preparation:

1. Peel and grate the potatoes. Do the same with the onion.
2. Whisk the egg.
3. Mix all ingredients together.
4. Add the mixture in portions to the hot air fryer and bake the fritters at 180 °C for about 10 minutes.

RICE CASSEROLE

Nutritional values per person: 584 kcal, 50 g carbohydrates, 37 g fat, 12 g protein

Difficulty level: easy

Preparation time: approx. 75 minutes

Servings: 2

Ingredients:

500 ml milk

100 g rice

60g margarine

30 g sugar

1 egg

1 apple

1 tsp cinnamon

Preparation:

1. Put the milk and rice in a pot and cook together until the rice is soft.
2. Stir in the cinnamon. Then let the rice cool.
3. Separate the egg and beat the egg white until stiff.
4. Beat the margarine and sugar together until fluffy. Then stir in the egg yolk.
5. Mix the mixture from step 4 with the rice pudding and carefully fold in the beaten egg whites.
6. Peel the apple, core it and cut it into cubes.
7. Place all ingredients in a baking dish and bake the casserole in the air fryer at 160 °C for about 40 minutes.

EM PA NADAS

Nutritional values per person: 259 kcal, 9 g carbohydrates, 18 g fat, 14 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 4

Ingredients:

200 g pie dough

125g chorizo

1 shallot

1 Mini peppers

2 tbsp chopped parsley

Preparation:

1. Chop the chorizo, shallot and pepper and fry everything together at medium heat for about 2 minutes.
2. Cut the dough into a circle and fill it with the other ingredients. Then fold it in half.
3. Bake the empanadas at 200 °C for about 10 minutes.

FENNEL - MUSHROOM - VEGETABLES

Nutritional values per person: 131 kcal, 7 g carbohydrates, 7 g fat, 7 g protein

Difficulty level: easy

Preparation time: approx. 30

minutes Servings: 2

Ingredients:

400 g mushrooms

1 pc fennel

1 tbsp low-fat curd

½ orange

1 tbsp oil

Preparation:

1. Wash and chop the fennel and mushrooms.
2. Squeeze the juice from the orange and mix it with all the ingredients.
3. Put everything together in the air fryer and cook at 165 °C for about 25 minutes.

GRATINATED GOAT CHEESE

Nutritional values per person: 513 kcal, 5 g carbohydrates, 48 g fat, 15 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 4

Ingredients:

400 g goat cheese

200 g lamb's lettuce

5 tbsp olive oil

2 tsp honey

2 tsp mustard

1 tsp red wine

vinegar pepper

Salt

Preparation:

1. Cut the goat cheese into slices about 1 cm thick.
2. Mix the honey with the mustard and red wine vinegar.
3. Wash the lamb's lettuce.
4. Rub a baking dish suitable for the air fryer with 2 tablespoons of oil.
5. Put the goat cheese in the dish and brush it with the remaining oil.
6. Place the cheese in the oven at 200 °C for about 7 minutes. Hot air fryer. It should be turned once halfway through cooking time.
7. In the meantime, mix the salad with the dressing.
8. Add the finished cheese to the salad.

FRIED CARROTS

Nutritional values per person: 244 kcal, 35 g carbohydrates, 9 g fat, 3 g protein

Difficulty level: easy

**Preparation time: approx. 25
minutes Servings: 4**

Ingredients:

500 g carrots
2 tsp grated orange peel 2 tbsp
orange juice
2 tbsp honey
2 tbsp
butter salt
pepper

Preparation:

1. Peel the carrots and remove the ends.
2. Mix all remaining ingredients and season the resulting sauce with pepper and salt.
3. Roll the carrots in the sauce and then place them in the air fryer at 200 °C for about 20 minutes.

LEEK - TARTES

Nutritional values per person: 789 kcal, 58 g carbohydrates, 54 g fat, 15 g protein

Difficulty level: easy

Preparation time: approx. 130

minutes Servings: 2

Ingredients:

200 g sour cream

125 g flour

65g butter

12 cherry tomatoes

2 eggs

2 leeks

1 pinch

nutmeg salt

pepper

Preparation:

1. Mix the flour with the eggs and then gradually add the butter and a little salt.
2. Wrap the dough in cling film and place it in the fridge for about 2 hours.
3. In the meantime, clean the leek, cut it into rings and put it in the Hot air fryer.
4. Then season it and let it cool.
5. Wash and halve the tomatoes.
6. Place the dough in a baking tray suitable for the air fryer Baking dish. Depending on the size of the dish, the dough must be divided into several parts.

7. Bake the dough for 5 minutes at 180 °C before spreading the ingredients on top.
8. First spread sour cream on the dough and then add the leek and tomatoes.
9. Bake the tarts for 10 - 15 minutes.

VEGETABLE PASTA

Nutritional values per person: 284 kcal, 49 g carbohydrates, 3 g fat, 12 g protein

Difficulty level: easy

Preparation time: approx. 40

minutes Servings: 4

Ingredients:

300 g pasta

400 g chopped tomatoes

200 g cauliflower

750 ml chicken broth

2 garlic cloves

1 onion

Preparation:

1. Peel and chop the onion and garlic. Separate the cauliflower into florets.
2. Put all the ingredients together in the air fryer and cook at 150 °C for about 30 minutes.

ASIA - NOODLES

Nutritional values per person: 562 kcal, 19 g carbohydrates, 9 g fat, 4 g protein

Difficulty level: easy

Preparation time: approx. 25 minutes

Servings: 2

Ingredients:

250 g Mie noodles

350 ml vegetable stock

250 g Asian vegetables

4 tbsp soy sauce

Preparation:

1. Place the noodles and vegetables in a dish suitable for the air fryer.
2. Add the vegetable stock and place everything in the air fryer at 180 °C for 20 minutes.
3. Mix well again and season the dish with soy sauce.

BAKED AV IOLIMITRICOT TA - FILLING

Nutritional values per person: 520 kcal, 92 g carbohydrates, 8 g fat, 18 g protein

Difficulty level: easy

**Preparation time: approx. 15
minutes Servings: 4**

Ingredients:

500 g wheat flour

200 g rocket

100g ricotta

2 eggs

1 clove of garlic

2 shallots

ater

Salt

Pepper

Olive

Oil

Preparation:

1. Peel the shallots and garlic and chop them as finely as possible. Briefly sweat them together in a pan with a little oil.
2. Wash the rocket and mix it with the ricotta. Season the mixture with pepper and salt, then add the shallots and garlic.
3. Mix the eggs with the flour and add enough water to form a smooth dough. Knead the ingredients well and roll them out as flat as possible. If you have one, you can also use a pasta maker for this step.

4. Divide the dough into squares about 4 x 4 cm and place the ricotta filling on every second square.
5. Place an empty square on top of each one with filling and press the edges together with a fork.
6. Bake the ravioli at 180 °C for about 5 minutes.

BAKED CAMEMBE RT

Nutritional values per person: 535 kcal, 2 g carbohydrates, 55 g fat, 7 g protein

Difficulty level: easy

**Preparation time: approx. 15
minutes Servings: 1**

Ingredients:

1 Camembert
3 tbsp olive oil
1 tsp thyme
salt
pepper

Preparation:

1. Cut the Camembert crosswise and drizzle with olive oil.
2. Add the spices.
3. Bake the Camembert at 180 °C for about 15 minutes.

CAULIFLOWER - PUFFER

Nutritional values per person: 115 kcal, 8 g carbohydrates, 5 g fat, 7 g protein

Difficulty level: easy

Preparation time: approx. 20

minutes Servings: 4

Ingredients:

1 Cauliflower

2 Eggs

1 onion

1 clove of garlic

2 tsp salt

2 tbsp flour

2 tablespoons grated
cheese breadcrumbs

Preparation:

1. Cut the cauliflower into small florets and cook them in boiling water for about 10 minutes. Then let it cool down well.
2. Now chop the cauliflower again as much as possible and then mix it with the other ingredients.
3. Form the mixture into puffs and roll them in breadcrumbs. Then bake the puffs in the air fryer for about 6 minutes at 180 °C.

INDIAN SAMOSAS

Nutritional values per person: 487 kcal, 51 g carbohydrates, 10 g fat, 15 g protein

Difficulty level: easy

Preparation time: approx. 85 minutes

Servings: 5

Ingredients:

500 g potatoes

250 g flour

150 g peas

45 ml oil

3 cloves of garlic

5 tbsp water

1 tsp salt

1 tsp curry powder

1 tsp cumin

1 tbsp ginger

Preparation:

1. Mix the flour with the oil, cumin, water and salt to form a dough.
2. Wrap the dough in foil and place it in the refrigerator for about 30 minutes.
3. Boil the potatoes for about 25 minutes, until tender.
4. Peel and chop the garlic and add it to a pan with hot oil together with the ginger.
5. After some time, add the peas and season the ingredients.
6. Mash the potatoes and add them to the pan. Fry everything together for about 5 minutes.

7. Roll out the dough, cut out circles and halve them.
8. Put some filling on the semicircles and fold them into a triangle.
9. Bake the samosas at 190 °C for about 10 minutes.

CAULIFLOWER MUFFINS

Nutritional values per person: 312 kcal, 12 g carbohydrates, 18 g fat, 23 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 2

Ingredients:

300 g cauliflower

100 g cream cheese

50 g grated cheese

20 g oat bran

2 eggs

pepper

salt

Preparation:

1. Grate the cauliflower as finely as possible.
2. Mix all ingredients together and divide the mixture into muffin tins.
3. Bake the muffins at 180 °C for about 15 minutes.

CHEESE Ö STIS

Nutritional values per person: 175 kcal, 13 g carbohydrates, 10 g fat, 8 g protein

Difficulty level: easy

Preparation time: approx. 40 minutes

Servings: 2

Ingredients:

150 g potatoes

50 g grated cheese 1

pinch salt

Preparation:

1. Place the potatoes in boiling salted water for about 25 minutes and then grate them.
2. Stir in the cheese and add the salt.
3. Divide the mixture into several parts, press them flat and bake them at 200 °C for about 12 minutes in the Hot air fryer.

BAKED VEGETABLES

Nutritional values per person: 114 kcal, 21 g carbohydrates, 2 g fat, 3 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 4

Ingredients:

50 g courgette

50 g eggplant

50 g mushrooms

50 g cornstarch

50 g flour

1 egg

150 ml sparkling water

1 tbsp olive oil

Preparation:

1. Mix the flour with the cornstarch, egg, water and olive oil.
2. Cut the vegetables into bite-sized pieces and mix them with the mixture you mixed in step 1.
3. Place the vegetables in the air fryer at 185 °C for about 10 minutes.

FETA - VEGETABLE PAN

Nutritional values per person: 282 kcal, 9 g carbohydrates, 22 g fat, 13 g protein

Difficulty level: easy

Preparation time: approx. 40 minutes

Servings: 2

Ingredients:

200 g feta cheese
1 bell pepper
1 eggplant
150 g cherry tomatoes
5 tbsp olive oil
4 tbsp balsamic vinegar
1 garlic clove
200 g mushrooms

Preparation:

1. Cut the vegetables and feta into bite-sized pieces.
2. Peel and chop the garlic. Mix it with the remaining ingredients and add the mixture to the vegetables.
3. Cook the vegetables at 180 °C for 20 - 25 minutes.

PIZZAMARGHERI TA

Nutritional values per person: 338 kcal, 37 g carbohydrates, 13 g fat, 18 g protein

Difficulty level: easy

Preparation time: approx. 50 minutes

Servings: 2

Ingredients:

300 g wheat flour
400 g strained tomatoes
250 ml water
200 g grated cheese
½ cube of yeast
3 tsp salt
1 tsp sugar
1 Onion
2 Garlic cloves
1 pinch of oregano
1 pinch basil
1 pinch pepper

Preparation:

1. Stir the yeast into the water until it has completely dissolved.
2. Mix the flour with the sugar and 2 teaspoons of salt. Add the yeast water and knead everything into a smooth dough.
3. Cover the dough and let it rest for at least 30 minutes.
4. Meanwhile, peel and chop the onion and garlic and mix them with the remaining ingredients, except the cheese.

5. Spread out the dough and cut it to fit into the air fryer.
6. Pour the sauce over the dough and sprinkle the cheese on top.
7. Set the air fryer to 180 °C and bake the pizza for 12 – 15 minutes.



Vegan main dishes

VEGGIE BURGER

Nutritional values per person: 310 kcal, 30 g carbohydrates, 18 g fat, 13 g protein

Difficulty level: medium

Preparation time: approx. 40 minutes

Servings: 4

Ingredients:

400 g beans
100 g oat flakes
2 garlic cloves
1 Onion
2 Eggs
2 tbsp oil
1 tsp salt
1 tsp paprika powder
4 slices of cheese
4 burger buns
4 leaves iceberg lettuce

Preparation:

1. Peel the onion and garlic. Wash and deseed the peppers.
2. Put the beans together with the garlic, onion, oat flakes, eggs and spices in a blender or puree the ingredients with a hand blender.
3. Form the mixture into patties.
4. Bake the patties at 190 °C for about 10 minutes.
5. Cut the buns open and top them with the patty, cheese and lettuce. The toppings can vary according to taste.

POTATO SKEWERS

Nutritional values per person: 226 kcal, 17 g carbohydrates, 15 g fat, 3 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 2

Ingredients:

2 potatoes
1 Mushroom
2 Sliced zucchini
½ pepper
2 tbsp olive oil
Herbal mixture

Preparation:

1. Peel and dice the potatoes and place them in a bowl of water for about 30 minutes. Then let them dry.
2. Clean the other vegetables and chop them into small pieces.
3. Skewer the vegetables alternately on the skewers.
4. Mix the herb mixture with the oil and coat the vegetables with this mixture.
5. Bake the skewers at 180 °C for about 8 minutes.

TOFU - NUGGETS

Nutritional values per person: 678 kcal, 58 g carbohydrates, 35 g fat, 32 g protein

Difficulty level: easy

Preparation time: approx. 25

minutes Servings: 4

Ingredients:

500g tofu

140 g breadcrumbs

50 g flour

4 eggs

1 tbsp soy sauce

Preparation:

1. Cut the tofu into small nuggets.
2. Whisk the eggs with the soy sauce and place the mixture on a plate.
3. Roll the tofu first in the flour, then in the egg mixture and finally in the breadcrumbs.
4. Bake the tofu nuggets at 200 °C for 10 - 15 minutes.

POTATO FA NNE

Nutritional values per person: 326 kcal, 47 g carbohydrates, 10 g fat, 11 g protein

Difficulty level: easy

Preparation time: approx. 35 minutes

Servings: 4

Ingredients:

750 g potatoes

150 g tzatziki

2 carrots

1 bell pepper

1 courgette

1 tbsp oil

Preparation:

1. Wash the potatoes and cut them into thin slices.
2. Cut the remaining vegetables into bite-sized pieces.
3. Mix the vegetables and potatoes with the oil.
4. Cook the potatoes and vegetables in the air fryer at 100 °C for about 15 minutes.
5. Stir in the tzatziki.

CELERY SCHNITZEL

Nutritional values per person: 251 kcal, 31 g carbohydrates, 11 g fat, 6 g protein

Difficulty level: easy

Preparation time: approx. 25

minutes Servings: 2

Ingredients:

1 celery root

50 g flour

1 tbsp vegetable oil

1 tbsp water

150 g silken tofu

breadcrumbs

Preparation:

1. Cut the celery into thin slices.
2. Mix the tofu with the oil and water.
3. First coat the celery in the flour, then in the tofu mixture and finally in the breadcrumbs.
4. Place the schnitzels in the hot air fryer at 180 °C for about 15 minutes.

SCHUPFNUDELN

Nutritional values per person: 386 kcal, 78 g carbohydrates, 2 g fat, 11 g protein

Difficulty level: easy

Preparation time: approx. 60 minutes

Servings: 2

Ingredients:

400 g potatoes

50 ml water

20 g cornstarch

100 g wheat flour

1 tbsp soy

flour salt

nutmeg

Preparation:

1. Boil the potatoes for about 25 minutes until tender, then peel them before mashing them.
2. Mix the potatoes with the remaining ingredients.
3. Roll out the dough and cut it into equal-sized pieces.
4. Cook the potato dumplings in the hot air fryer at 180 °C for about 20 minutes.

O BBLA MUSHROOMS

Nutritional values per person: 210 kcal, 7 g carbohydrates, 12 g fat, 18 g protein

Difficulty level: easy

Preparation time: approx. 15

minutes Servings: 4

Ingredients:

10 mushrooms

200 g vegan cream cheese with herbs

50 g vegan grated cheese

1 tsp olive oil

1 pinch salt

1 tsp pepper

Preparation:

1. Clean the mushrooms and remove the stems.
2. Mix the cream cheese with salt and pepper.
3. Fill the mushrooms with the cream cheese and add the grated cheese on top.
4. Bake the mushrooms for about 12 minutes at 175 °C.

CORN CASSEROLE

Nutritional values per person: 658 kcal, 70 g carbohydrates, 34 g fat, 15 g protein

Difficulty level: medium

**Preparation time: approx. 5
minutes Servings: 2**

Ingredients:

200 g corn

100g tofu

50 g peas

50 ml plant-based

cream 50 g vegan

cheese

Preparation:

1. Place all ingredients in a baking dish suitable for the air fryer.
2. Bake the casserole at 180 °C for about 5 minutes.

PEA DUMPLINGS

Nutritional values per person: 65 kcal, 8 g carbohydrates, 1 g fat, 3 g protein

Difficulty level: medium

Preparation time: approx. 25 minutes

Servings: 4

Ingredients:

800 g peas

800 g chickpeas

2 garlic cloves

2 Onions

3 tbsp flour

4 tbsp parsley

1 tsp baking powder

1 tsp paprika

powder salt

pepper

Preparation:

1. Puree the chickpeas with the peas.
2. Peel and chop the onions and garlic.
3. Mix the mixture with the spices.
4. Form the mixture into dumplings.
5. Bake the dumplings for about 20 minutes at 200 °C.

KOHLRABI SCHNITZEL

Nutritional values per person: 497 kcal, 45 g carbohydrates, 3 g fat, 21 g protein

Difficulty level: easy

Preparation time: approx. 35 minutes

Servings: 2

Ingredients:

1 kohlrabi
300 g potatoes
75 g breadcrumbs
1 egg
1 tbsp wheat
flour pepper
Salt

Preparation:

1. Peel the potatoes, cut them into slices and place them in the air fryer at 180 °C for about 20 minutes.
2. In the meantime, peel the kohlrabi and cut it into slices.
3. Cook the kohlrabi slices in boiling water for about 3 minutes.
4. Whisk the egg and place it on a plate.
5. First coat the kohlrabi slices in the flour, then in the egg and finally in the breadcrumbs.
6. Place the kohlrabi schnitzels in the hot air fryer at 180 °C for about 10 minutes.

MUSHROOM PAN

Nutritional values per person: 315 kcal, 4 g carbohydrates, 31 g fat, 4 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 2

Ingredients:

150 g mushrooms

1 onion

50 g asparagus sprouts

1 courgette

4 tbsp olive oil

Garlic powder

Salt

Herbal mixture

Preparation:

1. Cut the mushrooms and all the vegetables into bite-sized pieces.
2. Mix the mushrooms and vegetables with the olive oil and season well.
3. Cook the mushroom pan at 200 °C for about 7 minutes.

WINTER VEGETABLES

Nutritional values per person: 658 kcal, 75 g carbohydrates, 36 g fat, 13 g protein

Difficulty level: easy

Preparation time: approx. 30 minutes

Servings: 2

Ingredients:

600 g potatoes

1 Hokkaido pumpkin

2 Beetroot tubers 50

g walnut kernels

2 onions

4 tbsp olive oil

1 tsp mustard

1 tsp sugar beet syrup

salt

Preparation:

1. Peel the potatoes and beetroot and cut both into strips. Add 1 tablespoon of olive oil and cook both ingredients in the air fryer at 200 °C for 10 minutes.
2. In the meantime, wash the Hokkaido, remove the seeds and cut into large cubes. Peel the onions and cut them into wedges.
3. Add the Hokkaido and onion together with 1 tbsp. Add olive oil to the air fryer and cook both together with the potatoes and beetroot for another 15 minutes.
4. Mix the mustard with the remaining olive oil, the beet syrup and a little salt.
5. Chop the walnuts into small pieces and fold them into the sauce.

6. Pour the sauce over the finished vegetables.



Side dishes, finger food and snacks

SAUSAGES IN THE PASTRY COATING

Nutritional values per person: 225 kcal, 9 g carbohydrates, 17 g fat, 8 g protein

Difficulty level: easy

**Preparation time: approx. 20
minutes Servings: 4**

Ingredients:

200 g mini sausages

100 g puff pastry

Preparation:

1. Cut the dough into strips and wrap the sausages in them.
2. Bake the sausages in the air fryer at 200 °C for about 10 minutes.

APPLE CHIPS

Nutritional values per person: 89 kcal, 20 g carbohydrates, 0 g fat, 1 g protein

Difficulty level: easy

Preparation time: approx. 95 minutes

Servings: 2

Ingredients:

2 apples

1 tbsp cinnamon

1 tbsp lemon juice

Preparation:

1. Wash the apples and remove the core. Then cut the apple into thin slices.
2. Brush the slices with lemon juice and add the cinnamon.
3. Dry the apple chips at 120 °C for about 90 minutes. The cooking time may vary depending on the thickness of the slices.

GARLIC - PARMESAN - CARROTS

Nutritional values per person: 361 kcal, 14 g carbohydrates, 26 g fat, 17 g protein

Difficulty level: easy

**Preparation time: approx. 25
minutes Servings: 2**

Ingredients:

500 g carrots
100g Parmesan
1 garlic clove
3 tbsp oil
2 tbsp parsley

Preparation:

1. Peel the carrots and cut them into about three pieces.
2. Peel and chop the garlic and mix it with the oil.
3. Brush the carrots with the garlic oil and sprinkle the Parmesan cheese on top.
4. Bake the carrots at 180 °C for about 10 - 15 minutes.

POTATO SNACK

Nutritional values per person: 212 kcal, 15 g carbohydrates, 12 g fat, 9 g protein

Difficulty level: easy

Preparation time: approx. 50 minutes

Servings: 4

Ingredients:

4 potatoes

5 Slices of chorizo

50 g grated cheese

2 shallots

1 tbsp oil

Preparation:

1. Prick the potatoes with a fork, brush them with the oil and then place them in the air fryer at 200 °C for about 40 minutes.
2. Halve the potatoes and carefully hollow them out.
3. Chop the chorizo and shallots into small pieces.
4. Fill the potatoes with the remaining ingredients and cook for another 5 minutes.

P.A.PRIKA-SNACK

Nutritional values per person: 164 kcal, 12 g carbohydrates, 8 g fat, 9 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 4

Ingredients:

8 snack peppers

8 slices bacon

130 g cream cheese with
herbs and pepper

Salt

Preparation:

1. Wash the peppers and remove the stem.
2. Fill the peppers with the cream cheese. Season to taste with pepper and salt.
3. Wrap the bacon around the peppers.
4. Bake the peppers at 180 °C for about 25 minutes.

AVOCADO - MANGO - SNACK

Nutritional values per person: 277 kcal, 19 g carbohydrates, 20 g fat, 3 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 4

Ingredients:

1 Baguette

1

Avocado

mango

2 tbsp olive

oil pepper

Salt

Preparation:

1. Cut the baguette into slices and brush it with olive oil. Then bake it at 180 °C for about 6 minutes.
2. Scrape the flesh out of the avocado and mango and mix them together. Taste the mixture. Season the mixture with salt and pepper.
3. Spread the baked baguettes with the mango-avocado mixture.

POOR KNIGHT

Nutritional values per person: 249 kcal, 30 g carbohydrates, 9 g fat, 11 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 2

Ingredients:

125 ml milk

2 eggs

5 slices of toast

1 tbsp sugar

Preparation:

1. Whisk the eggs with the milk and sugar.
2. Cut the bread into strips and dip them in the egg mixture.
3. Bake the bread strips at 190 °C for about 5 minutes.

FILLED EKA RTO FELBALLS

Nutritional values per person: 147 kcal, 19 g carbohydrates, 6 g fat, 3 g protein

Difficulty level: medium

Preparation time: approx. 35 minutes

Servings: 4

Ingredients:

1 kg potatoes
100 g cream cheese
1 garlic clove
1 Bunch of parsley
½ lemon
2 tbsp potato starch
2 tbsp butter

Preparation:

1. Peel and chop the garlic.
2. Grate the peel of the lemon and squeeze it.
3. Mix all ingredients together except the potatoes.
4. Form small balls from the filling and freeze them.
5. Peel the potatoes and cook them in plenty of salted water. They should be done after about 25 minutes.
6. Mash the potatoes and mix them with the potato starch and butter.
7. Divide the mashed potatoes into as many pieces as you have cream cheese balls. Place the cream cheese into a piece of mashed potatoes and roll the balls in your hands until the filling is covered with mashed potatoes.
8. Bake the balls for about 25 minutes at 180 °C.

FE TA IN LEAVES PASTA

Nutritional values per person: 155 kcal, 9 g carbohydrates, 11 g fat, 5 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 4

Ingredients:

1 pack of puff pastry
400g feta
1 tbsp olive oil
2 tbsp honey

Preparation:

1. Cut the feta into strips.
2. Spread out the puff pastry and divide it into as many pieces as you have feta strips.
3. Wrap the feta.
4. Brush the puff pastry with an olive oil and honey mixture.
5. Bake the feta at 200 °C for about 10 minutes.

RICOTTA - BÄLLCHEN

Nutritional values per person: 194 kcal, 11 g carbohydrates, 13 g fat, 7 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 4

Ingredients:

250g ricotta

1 egg

50 g breadcrumbs

15 g basil

2 tbsp flour

1 tbsp chives

1 tbsp olive oil

1 tsp salt

Preparation:

1. Separate the egg.
2. Mix the ricotta with the salt, egg yolk and flour.
3. Chop the basil and chives and mix them with the ricotta mixture.
4. Form the mixture into balls.
5. Mix the breadcrumbs with the oil and briefly beat the egg whites.
6. First coat the balls in the egg whites and then in the breadcrumbs.
7. Bake the balls at 200°C until golden brown. This should take about 8 minutes.

PIZZA ROLLS

Nutritional values per person: 210 kcal, 7 g carbohydrates, 12 g fat, 18 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 6

Ingredients:

6 bread rolls

250 g minced meat

100 g grated cheese

50 ml water

4 tbsp tomato paste

1 tbsp herbal mixture

salt

pepper

Preparation:

1. Fry the minced meat in a pan with a little oil until it is brown. Then add the herb mixture and some pepper and salt.
2. Stir the tomato paste into the minced meat and deglaze with the water.
3. Cut the rolls open and spread them with the minced meat mixture.
4. Place the rolls in the air fryer at 175 °C for about 10 minutes.

WEDGES

Nutritional values per person: 210 kcal, 7 g carbohydrates, 12 g fat, 18 g protein

Difficulty level: easy

**Preparation time: approx. 15
minutes Servings: 4**

Ingredients:

500 g potatoes

1 tbsp olive oil

1 tsp garlic powder

1 tsp paprika powder

1 tsp cumin

1 tsp salt

Preparation:

1. Peel the potatoes and cut them into wedges.
2. Mix the potatoes with the spices and olive oil.
3. Bake the wedges at 180 °C for about 15 - 20 minutes.

GER Ö STETE CHESTNUTS

Nutritional values per person: 182 kcal, 35 g carbohydrates, 2 g fat, 2 g protein

Difficulty level: easy

Preparation time: approx. 55

minutes Servings: 6

Ingredients:

600 g chestnuts

1 L water

Preparation:

1. Make a cross-shaped cut in the chestnuts and place them in the water for at least 30 minutes. All chestnuts should be completely covered.
2. Take the chestnuts out of the water and put them at 180 °C in the hot air fryer for about 25 minutes.

FE TA - TRIANGLES

Nutritional values per person: 407 kcal, 20 g carbohydrates, 30 g fat, 12 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 4

Ingredients:

1 pack of puff pastry

1 egg yolk

200g feta

100 g chopped parsley

2 tbsp olive oil

Preparation:

1. Crumble the feta and mix it with the egg and parsley.
2. Spread out the puff pastry and cut it into equal-sized triangles.
3. Place some filling on each triangle and then fold it together.
4. Brush the triangles with olive oil and bake them at 200 °C for about 5 minutes.

PLUMS MSPECCOCK COAT

Nutritional values per person: 178 kcal, 14 g carbohydrates, 6 g fat, 15 g protein

Difficulty level: easy

Preparation time: approx. 15

minutes Servings: 4

Ingredients:

30 plums

200 g bacon

Preparation:

1. Spread out the bacon and roll the plums in it.
2. Bake the plums at 180 °C for about 8 minutes.

PEPPERONI - SKEWERS

Nutritional values per person: 41 kcal, 3 g carbohydrates, 2 g fat, 1 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 4

Ingredients:

8 peppers

½ eggplant

8 cherry tomatoes

4 tbsp olive

oil pepper

Garlic powder

Salt

Preparation:

1. Wash all ingredients and cut them into bite-sized pieces.
2. Skewer the ingredients alternately.
3. Mix the olive oil with some pepper, garlic powder and salt and roll the skewers in the mixture.

LEEK - HAM - CROSTINI

Nutritional values per person: 479 kcal, 12 g carbohydrates, 27 g fat, 47 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 4

Ingredients:

1 baguette
100 g diced ham 50 g
grated cheese 50 g
leek
3 tbsp sour cream
2 tbsp quark
1 dash of milk
pepper
Nutme
g Salt

Preparation:

1. Clean the leek and chop it finely.
2. Mix all ingredients together except the baguette and cheese.
3. Cut the baguette into slices and spread the cream on them. Then add the cheese on top.
4. Bake the crostini at 200 °C for about 5 minutes.

HERB POTATOES

Nutritional values per person: 155 kcal, 21 g carbohydrates, 5 g fat, 4 g protein

Difficulty level: easy

Preparation time: approx. 30 minutes

Servings: 4

Ingredients:

500 g potatoes

20 g Parmesan

1 tbsp herbal mixture

1 tsp salt

1 tsp garlic powder

1 tbsp olive oil

Preparation:

1. Wash and halve the potatoes.
2. Mix the remaining ingredients together and season the potatoes with this mixture.
3. Bake the potato at 200 °C for about 20 minutes.

GER Ö STETE PUMPKIN SEEDS

Nutritional values per person: 621 kcal, 5 g carbohydrates, 49 g fat, 36 g protein

Difficulty level: easy

Preparation time: approx. 70

minutes Servings: 4

Ingredients:

1 pumpkin
1 pinch salt

Preparation:

1. Scrape out the pumpkin and place the seeds in a sieve.
2. Wash the seeds until no pulp remains on them.
3. Let the kernels dry for about 1 hour.
4. Mix the seeds with a little salt. If desired, other spices can also be added.
5. Place the dried pumpkin seeds in the air fryer at 180 °C for about 10 - 15 minutes.

KALE CHIPS

Nutritional values per person: 80 kcal, 3 g carbohydrates, 5 g fat, 4 g protein

Difficulty level: easy

**Preparation time: approx. 15
minutes Servings: 2**

Ingredients:

350 g kale

1 tsp white wine vinegar

1 tbsp olive oil

Preparation:

1. Wash the kale and chop it.
2. Mix the kale with the white wine vinegar and olive oil.
3. Roast the kale at 180 °C for about 4 minutes.

BAKED PUMPKIN

Nutritional values per person: 168 kcal, 7 g carbohydrates, 15 g fat, 1 g protein

Difficulty level: easy

Preparation time: approx. 20

minutes Servings: 3

Ingredients:

1 Hokkaido pumpkin

2 tbsp olive oil

Preparation:

1. Cut the pumpkin into cubes.
2. Turn the cubes in the oil.
3. Bake the pumpkin at 190 °C for about 20 minutes.

CHEESE SLICES

Nutritional values per person: 504 kcal, 50 g carbohydrates, 23 g fat, 22 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 4

Ingredients:

8 slices of bread

200 g grated cheese

2 eggs

2 tbsp flour

1 tbsp milk

Preparation:

1. Whisk the eggs and mix them with the cheese, milk and flour.
2. Put the cheese mixture on the bread and bake at 180 °C for about 6 minutes.

PA RTY-PA PRIKA

Nutritional values per person: 656 kcal, 35 g carbohydrates, 43 g fat, 32 g protein

Difficulty level: easy

Preparation time: approx. 30

minutes Servings: 6

Ingredients:

200 g cream cheese
6 snack peppers
1 tbsp grated Parmesan
1 tbsp mint
1 tsp paprika powder
1 pinch pepper
1 pinch salt

Preparation:

1. Halve and deseed the peppers.
2. Mix the cream cheese with the other ingredients and fill the pepper halves with it.
3. Bake the peppers at 150 °C for about 20 minutes.

FLOWERS PASTRIES

Nutritional values per person: 656 kcal, 35 g carbohydrates, 43 g fat, 32 g protein

Difficulty level: easy

Preparation time: approx. 30 minutes

Servings: 4

Ingredients:

1 pack of puff pastry
500 g minced meat
1 egg yolk
100 g corn
50 g grated cheese
Salt
Oregano
Pepper

Preparation:

1. Put the minced meat in the air fryer and bake it at 190 °C for about 15 - 20 minutes. It should be completely cooked at the end. Then season with pepper, oregano and salt.
2. Spread out the puff pastry and divide it into several small rectangles.
3. Place the minced meat and corn on one half of the puff pastry and fold it closed.
4. Whisk the egg yolk and spread it on the puff pastry.
5. Spread the cheese on the puff pastry pockets.
6. Bake the pockets at 190 °C for about 6 minutes.



Sweets and desserts

QUARK CAKE

Nutritional values per person: 181 kcal, 17 g carbohydrates, 7 g fat, 12 g protein

Difficulty level: easy

Preparation time: approx. 40 minutes

Servings: 6

Ingredients:

500 g low-fat curd cheese

70 g sugar

1 pack of vanilla sugar

40g butter

1 Pack of vanilla pudding powder

2 Eggs

Preparation:

1. Mix all ingredients together to form a dough.
2. Bake the cake for 15 minutes at 160 °C and then for another 20 minutes at 140 °C.

STRAWBERRY - YOGHURT- MUFFINS

Nutritional values per person: 314 kcal, 61 g carbohydrates, 3 g fat, 9 g protein

Difficulty level: easy

Preparation time: approx. 35 minutes

Servings: 4

Ingredients:

250 g wheat flour

200 g strawberries

200 g Greek yoghurt

100 g sugar

2 eggs

1 Pack of vanilla pudding powder

2 tsp baking powder

1 tsp lemon juice

Preparation:

1. Mix all ingredients together except the strawberries.
2. Wash the strawberries and cut them into small pieces. Fold them into the batter.
3. Divide the dough into muffin tins and bake at 160 °C for about 20 minutes.

CHOCOLATE PANCAKES

Nutritional values per person: 1,430 kcal, 83 g carbohydrates, 116 g fat, 11 g protein

Difficulty level: easy

Preparation time: approx. 40 minutes

Servings: 4

Ingredients:

200 g wheat flour
100g chocolate
50 g melted butter 250 ml
milk
3 apples
2 eggs
4 tablespoons sugar
2 tsp baking powder
1 tsp salt
1 tsp cinnamon
1 tsp lemon juice

Preparation:

1. Cut the chocolate into small pieces and melt it in a water bath.
2. Mix the flour with the baking powder, salt and 1 tablespoon of sugar.
3. In another mixing bowl, mix the milk with the melted butter and eggs.
4. Mix the mixtures from steps 2 and 3.
5. Stir the melted chocolate into the batter.
6. Bake the dough little by little in the hot air fryer at 180 °C for about 7 minutes.

7. Peel the apples, remove the core and cut the apples into small cubes.
8. Place the apples and the remaining ingredients in the air fryer and cook for 10 minutes (180 °C) until the apples are soft. Then mix the ingredients well.
9. Serve the pancakes with the apple compote.

POPCORN

Nutritional values per person: 184 kcal, 33 g carbohydrates, 5 g fat, 2 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 2

Ingredients:

50 g popcorn

3 tablespoons sugar

2 tsp butter

Preparation:

1. Place the corn kernels in the oven at 200 °C for about 10 minutes. Hot air fryer. The popcorn is ready when you no longer hear it popping.
2. Heat the butter in a saucepan and stir in the sugar. Add the popcorn while stirring constantly.

LAVA - CAKE

Nutritional values per person: 938 kcal, 70 g carbohydrates, 69 g fat, 8 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 4

Ingredients:

100g chocolate

120g butter

2 tbsp flour

4 tablespoons sugar

2 eggs

Preparation:

1. Place the chocolate in a hot water bath and leave it there until it has melted.
2. Beat the eggs together with the butter and sugar.
3. Mix all ingredients together.
4. Pour the dough into muffin tins and bake the lava
Bake cakes at 170°C for about 13 minutes. Serve while still warm.

PEANUT BUTTER COOKIES

Nutritional values per person: 98 kcal, 11 g carbohydrates, 5 g fat, 2 g protein

Difficulty level: medium

Preparation time: approx. 10 minutes

Servings: 6

Ingredients:

60 g flour

65 g peanut butter

30g butter

80 g brown sugar

15 ml milk

Preparation:

1. Mix all ingredients together to form a homogeneous dough.
2. Divide the dough into 12 balls and press them flat.
3. Bake the cookies at 160 °C for about 5 minutes.

APPLE CREAM

Nutritional values per person: 614 kcal, 75 g carbohydrates, 30 g fat, 11 g protein

Difficulty level: medium

Preparation time: approx. 45

minutes Servings: 4

Ingredients:

200 ml milk

225 g flour

4 apples

4 tbsp lemon juice

2 eggs

2 packs of vanilla sugar

4 tablespoons sugar

1 tbsp cinnamon

½ tsp baking powder

Preparation:

1. Peel the apples and remove the core. Then cut them into cubes and drizzle with lemon juice.
2. Mix the flour with the milk, eggs, baking powder and vanilla sugar to form a dough.
3. Mix the cinnamon with the sugar and roll the apple pieces in it.
4. Fold the apple pieces into the batter and place them in a dish suitable for the air fryer.
5. Bake the doughnuts in the hot air fryer at 200 °C for about 20 minutes.

BANANAS IN THE PASTRY COATING

Nutritional values per person: 189 kcal, 35 g carbohydrates, 4 g fat, 2 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 4

Ingredients:

4 bananas

50 g rice flour

2 tbsp corn flour

2 tbsp wheat flour

2 tbsp coconut flakes

100 ml water

½ tsp baking

powder 1 pinch

salt

Preparation:

1. Mix all ingredients, except the banana, into a dough. Add the water little by little until the desired consistency is reached.
2. Cut the bananas into slices and dip them in the batter.
3. Bake the bananas in the air fryer for about 15 minutes at 200 °C.

APPLE CASSEROLE

Nutritional values per person: 1,149 kcal, 265 g carbohydrates, 7 g fat, 3 g protein

Difficulty level: easy

Preparation time: approx. 20

minutes Servings: 4

Ingredients:

1 pack of puff pastry

4 apples

100 g apricot jam

50 g raisins

4 tbsp milk

Preparation:

1. Wash and core the apples and cut them into slices.
2. Take a baking dish suitable for the air fryer and stack the ingredients. First a layer of puff pastry, then apples, jam, raisins and then more puff pastry.
3. Brush the top layer of puff pastry with milk.
4. Bake the casserole at 180 °C for about 15 - 20 minutes.

DONUT

Nutritional values per person: 189 kcal, 35 g carbohydrates, 4 g fat, 2 g protein

Difficulty level: easy

Preparation time: approx. 20 minutes

Servings: 4

Ingredients:

250 g flour

125 g icing sugar

50 g sugar

100 ml water

60 ml milk

1 egg

2 tbsp butter

1 tsp yeast

Preparation:

1. Mix 60 ml of water with the yeast until the yeast has completely dissolved.
2. Mix the flour with the sugar and add the egg
Add the milk, butter and yeast water. Knead everything into a dough.
3. Cover the dough and let it rest for about 1 hour.
4. Roll out the dough and cut it into circles. Then cut out the middle circle.
5. Bake the donuts one at a time at 175 °C for about 45 minutes.
6. Mix the remaining water with the powdered sugar to make a glaze and spread it over the finished donuts.

PEAR MUFFINS

Nutritional values per person: 339 kcal, 28 g carbohydrates, 22 g fat, 6 g protein

Difficulty level: easy

Preparation time: approx. 30 minutes

Servings: 6

Ingredients:

50 g flour

100 g ground hazelnuts 80 g

butter

80 g sugar

2 eggs

2 tsp baking powder

1 Pack of vanilla sugar

2 Pears

Preparation:

1. Mix the dry ingredients together.
2. Peel and core the pears and cut them into cubes.
3. Melt the butter and beat the eggs.
4. Mix the dry ingredients with the butter and egg and fold in the pear.
5. Fill the dough into molds and bake at 160 °C for about 20 minutes.

CHOCOLATE HAZELNUT CAKE

Nutritional values per person: 534 kcal, 54 g carbohydrates, 32 g fat, 7 g protein

Difficulty level: easy

Preparation time: approx. 35 minutes

Servings: 4

Ingredients:

125 g flour

100 g sugar

100g butter

50 g chopped hazelnuts

2 eggs

1 tsp vanilla sugar

3 tbsp cocoa powder

1 tsp baking powder

Preparation:

1. Beat the butter until fluffy and then mix it with the eggs, sugar and vanilla sugar.
2. Mix the flour with the baking powder and cocoa and stir the mixture into the ingredients from step 1.
3. Fold in the nuts.
4. Bake the cake for about 30 minutes at 170 °C.

CHOCOLATE - BANANAS

Nutritional values per person: 208 kcal, 25 g carbohydrates, 11 g fat, 2 g protein

Difficulty level: easy

**Preparation time: approx. 10
minutes Servings: 4**

Ingredients:

4 bananas
150g chocolate
5 tsp honey

Preparation:

1. Cut a notch into the banana peels.
2. Break the chocolate apart and place it into the notches.
3. Pour the honey over it.
4. Bake the bananas at 200 °C for about 8 minutes.

LEMON CAKE

Nutritional values per person: 890 kcal, 147 g carbohydrates, 29 g fat, 9 g protein

Difficulty level: easy

Preparation time: approx. 55 minutes

Servings: 2

Ingredients:

300 g flour

150 g lemon yoghurt

250 g sugar

100 ml sunflower oil

1 pack of baking powder

3 eggs

1 tbsp lemon juice

100 g icing sugar

Preparation:

1. Mix the flour with the yoghurt, sugar, eggs, oil and baking powder to form a smooth dough.
2. Put the dough into a pan suitable for the air fryer and bake the cake at 140 °C for about 45 minutes.
3. Just before the cake is ready, mix the lemon juice with the powdered sugar to create a glaze.
4. Pour the icing over the finished cake.

VEGAN MUFFINS

Nutritional values per person: 225 kcal, 30 g carbohydrates, 10 g fat, 3 g protein

Difficulty level: easy

Preparation time: approx. 25

minutes Servings: 6

Ingredients:

125 g wheat flour

75 g sugar

60 ml plant drink

60 ml vegetable oil

1 pack of vanilla sugar

½ tsp baking

powder 1 egg

½ tsp baking

soda

powdered

Preparation:

1. Mix all ingredients, except the powdered sugar, into a smooth dough.
2. Divide the dough into about 12 muffin tins and place them in the air fryer.
3. Bake the muffins at 180 °C for about 15 minutes.

OATMEAL COOKIES

Nutritional values per person: 111 kcal, 15 g carbohydrates, 5 g fat, 2 g protein

Difficulty level: easy

Preparation time: approx. 15 minutes

Servings: 10

Ingredients:

100g butter

125 g flour

150 g oat flakes

40 g sugar

20 g brown sugar

3 tbsp water

½ tsp baking soda

Preparation:

1. Mix all ingredients to form a dough.
2. Divide the dough into several equal-sized pieces. Press them flat.
3. Bake the cookies at 160 °C for about 12 minutes.

QUARKBÄLLCCHEN

Nutritional values per person: 493 kcal, 73 g carbohydrates, 16 g fat, 15 g protein

Difficulty level: easy

**Preparation time: approx. 50
minutes Servings: 4**

Ingredients:

250 g flour
250 g low-fat curd cheese
80 g sugar
50 g melted butter 3 eggs
1 Pack of vanilla sugar
2 tsp baking powder
1 pinch salt

Preparation:

1. Mix the quark with the eggs, sugar, salt and vanilla sugar.
2. Add the flour and baking powder.
3. Finally, stir in the butter. Mix everything together to form a smooth dough.
4. Place the dough in the refrigerator for at least 30 minutes.
5. Form the dough into balls and place them in the air fryer at 180 °C for about 12 minutes.

BANANA MASS

Nutritional values per person: 141 kcal, 33 g carbohydrates, 0 g fat, 1 g protein

Difficulty level: easy

Preparation time: approx. 10 minutes

Servings: 2

Ingredients:

2 bananas

2 tablespoons sugar

1 tsp lemon juice

Preparation:

1. Place the unpeeled bananas in the air fryer at 200 °C for about 6 minutes.
2. Remove the baked banana from the peel and mash it.
3. Add the sugar and lemon juice and mix everything well.

CINNAMON ROLLS

Nutritional values per person: 320 kcal, 55 g carbohydrates, 8 g fat, 7 g protein

Difficulty level: easy

Preparation time: approx. 50 minutes

Servings: 8

Ingredients:

500 g flour

300 ml milk

50 g sugar

1 egg

2 tsp dry yeast

1 tsp salt

50g butter

1 tbsp cinnamon

4 tablespoons brown sugar

Preparation:

1. Carefully heat the milk and then stir in the yeast and white sugar.
2. Mix in the flour, salt and egg and knead into a smooth dough.
3. Let the dough rise for about 30 minutes.
4. Mix the butter with the cinnamon and brown sugar.
5. Roll out the dough and spread it with the Butter mixture. Then roll up the dough and divide it into equal-sized pieces.
6. Bake the cinnamon rolls at 180 °C for about 10 minutes.