

Avocado Fries *in the* *Air Fryer!*

Cook Time 6 minutes

Servings 4



Ingredients

- 2 medium ripe fresh avocados, cut in half, pits removed
- 1/4 cup flour
- 1 medium egg
- 1 TBS water
- 1/2 cup panko breadcrumbs
- 1/4 tsp chili powder
- 1/4 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp black pepper
- Avocado or coconut oil spray

Instructions

1. Prepare avocados by cutting in half and removing the pit. Make 4-5 small slices per half. Then use a spoon to scrape the back of the skin to remove the avocado flesh.
2. With 3 bowls set up an assembly line. Use one bowl for flour, a second for a beaten egg and water, and finally a bowl with breadcrumbs and seasonings.
3. Dredge the avocado in flour, dip it into the egg wash covering it completely. Allow the excess egg to drip off, then place into breadcrumb mixture pressing the mixture against avocado to coat thoroughly. Repeat for all avocado slices.
4. Place the avocado fries into the air fryer and spray lightly with oil.
5. Set the air fryer to 400 degrees and cook for 4 minutes.

Optional toppings

- parmesan cheese
- cilantro
- your favorite dipping sauces