

Plate Dream

Healthy Air Fryer Churro Bites

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Batter

- [ ] 1 cup all-purpose flour
- [ ] 1/2 cup milk, warmed
- [ ] 1 large egg
- [ ] 2 tbsp melted butter
- [ ] 1 tsp vanilla extract
- [ ] 1/4 tsp salt

Coating

- [ ] 1/3 cup granulated sugar
- [ ] 1 tbsp ground cinnamon
- [ ] A light spray of cooking oil

Instructions

1. In a bowl, whisk together flour, salt, and the egg until a smooth batter forms; add warm milk, melted butter, and vanilla, then stir gently.
2. Cover the batter and let it rest for 5 minutes while the air fryer pre-heats to 375°F.
3. Spoon or pipe the batter onto a parchment-lined plate, forming 1-inch balls; lightly spray each ball with oil.
4. Arrange the balls in a single layer in the air fryer basket; cook for 6-7 minutes, shaking halfway, until golden brown.
5. Immediately toss the hot churro bites in the cinnamon-sugar mixture until fully coated.
6. Serve warm, optionally with a side of dip, and enjoy the comforting aroma.

Nutrition per serving

150 kcal	4 g	22 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a deeper flavor, add a pinch of nutmeg to the coating.
- For extra crispness, sprinkle a tiny amount of cornstarch into the batter.
- Adjust the cinnamon-sugar ratio to suit your sweetness preference.