



Air Fried Donuts

Introduction

Air-fried donuts are a delicious and healthier alternative to traditional fried donuts. Using

an air fryer to cook these treats reduces the amount of oil needed, making them lighter while still retaining a delightful texture and flavor. In this recipe, you'll learn how to prepare air-fried donuts that are perfect for breakfast, snacks, or dessert.

Detailed Ingredients with measures

Flour - 2 cups
Sugar - 1/2 cup
Baking powder - 1 tbsp
Salt - 1/2 tsp
Milk - 3/4 cup
Egg - 1 large
Vanilla extract - 1 tsp
Melted butter - 2 tbsp
Chocolate glaze - For topping
Sprinkles - For decoration

Prep Time

The prep time for making air-fried donuts is approximately 20 minutes. This includes gathering your ingredients, mixing, and shaping the donuts.

Cook Time, Total Time, Yield

Cook time is around 10-12 minutes in the air fryer. The total time for preparing and cooking the donuts is approximately 30-35 minutes. This recipe yields about 12 delicious air-fried donuts, perfect for sharing with family and friends.



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Detailed Directions and Instructions

Mix the Dry Ingredients

In a large mixing bowl, combine 2 cups of all-purpose flour, 1/4 cup of granulated sugar, 1 packet of instant yeast, 1/2 teaspoon of salt, and a sprinkle of nutmeg.

Add the Wet Ingredients

In a separate bowl, mix together 1/2 cup of warm milk, 1/4 cup of melted butter, and 1 teaspoon of vanilla extract. Gradually pour this mixture into the dry ingredients.

Knead the Dough

Combine the ingredients until a dough forms. Transfer to a floured surface and knead for approximately 5-7 minutes until the dough is smooth and elastic.

First Rise

Place the kneaded dough into a lightly greased bowl, cover it with a towel, and let it rise in a warm area for about 1 hour or until it has doubled in size.

Shape the Donuts

Once risen, punch down the dough and roll it out to about 1/2 inch thickness. Use a donut cutter or two circular cookie cutters to cut out donut shapes.

Second Rise

Place the cut-out donuts on a baking sheet lined with parchment paper, cover with a towel, and let them rise again for about 30-40 minutes.

Prepare the Air Fryer

While the donuts are rising, preheat your air fryer to 350°F (175°C).

Air Fry the Donuts

Carefully place the donuts in the air fryer basket in a single layer. Air fry for about 5-6 minutes or until they are golden brown.

Prepare the Glaze

While the donuts are cooling, prepare the glaze by mixing together powdered sugar, a splash of milk, and vanilla extract until you achieve a smooth consistency.

Glaze the Donuts

Once the donuts have cooled slightly, dip them into the glaze or drizzle the glaze on top. Allow them to set for a few minutes before serving.

Notes

Storage

Donuts are best enjoyed fresh. However, they can be stored in an airtight container for up to 2 days.

Flavor Variations

Feel free to add spices or flavored extracts to the dough or glaze to customize your donuts.

Donut Sizes

You can make mini donuts or larger sizes based on your preference; adjust the air frying time accordingly.

Nutrition Information

Nutrition details can vary based on ingredients used; consider substituting ingredients to meet dietary needs.



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Cook techniques

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