



Long Livo

Fluffy Air Fryer Churro Bites

10 min

Prep time

4

Servings

12 min

Cook time

Easy

Difficulty

22 min

Total time

Mexican

Cuisine

Ingredients

Batter

- ☐ 1 cup all-purpose flour
- ☐ 1/2 cup whole milk, warm
- ☐ 1 large egg
- ☐ 2 tbsp melted butter
- ☐ 2 tbsp sugar
- ☐ 1 tsp baking powder

- ☐ 1/4 tsp salt
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp lemon zest

Coating

- ☐ 1/4 cup sugar
- ☐ 1 tsp ground cinnamon
- ☐ Pinch of salt

Instructions

- 1** In a bowl whisk flour, baking powder, and salt. In another bowl combine warm milk, egg, melted butter, sugar, vanilla, and zest.
- 2** Pour the wet mixture into the dry ingredients and stir just until smooth; let the batter rest for five minutes.
- 3** Preheat the air fryer to 350°F. Fill a piping bag with the batter and pipe small rounds (about 1-inch) onto a parchment-lined basket.
- 4** Air fry for 5-6 minutes, then flip and cook another 4-5 minutes until golden.
- 5** While still warm, toss the bites in the cinnamon-sugar coating.
- 6** Serve immediately, perhaps with a side of chocolate dip or caramel sauce.

Nutrition per serving

210 kcal

Calories

5 g

Protein

30 g

Carbs

7 g

Fat

Tips & notes

- If the batter feels too thick, add a splash of milk to loosen.
- For extra crispness, spray the bites lightly with oil before cooking.
- A pinch of nutmeg in the coating adds depth without overpowering.