



Long Livo

Healthy Air Fryer Churro Bites

15 min

Prep time

4

Servings

12 min

Cook time

Easy

Difficulty

27 min

Total time

Mexican

Cuisine

Ingredients

Batter

- ☐ 1 cup whole wheat flour
- ☐ 1/4 cup oat flour
- ☐ 2 tbsp honey
- ☐ 1/2 cup water
- ☐ 1 tsp baking powder

- ☐ 1/2 tsp salt

Coating

- ☐ 1/4 cup granulated sugar
- ☐ 2 tsp ground cinnamon
- ☐ Zest of 1 lemon
- ☐ Olive oil spray

Instructions

- 1 Combine all dry ingredients in a bowl; whisk to distribute evenly.
- 2 In a separate cup, mix honey and water, then pour into the dry mixture, stirring until a smooth dough forms.
- 3 Cover the dough and let it rest for 5 minutes while the kitchen fills with a faint cinnamon scent.
- 4 Transfer the dough to a piping bag fitted with a star tip, or roll and cut into 1-inch bite-size pieces.
- 5 Place the bites in a single layer in the air fryer basket, spray lightly with olive oil, and set to 375°F.
- 6 Cook for 6-7 minutes, shaking the basket halfway through, until golden and crisp.
- 7 Immediately toss the hot bites in the cinnamon-sugar-lemon zest blend; serve warm.

Nutrition per serving

120 kcal

Calories

4 g

Protein

22 g

Carbs

3 g

Fat

Tips & notes

- If the dough feels too sticky, add a tablespoon more flour.
- For extra crispness, sprinkle a tiny pinch of sea salt after coating.
- These bites are best enjoyed within an hour of cooking for optimal texture.