



Ashley's Meal Prep Monday!

Crispy Air Fryer Carrot Fries



INGREDIENTS

3 large carrots, cut into sticks

1-2 TBSP avocado oil

½ TSP garlic powder

¼ TSP smoked paprika

½ TSP nutritional

yeast

salt to taste

1 TBSP aarowroot

powder (or

cornstarch/tapioca
flour)

In a large bowl, toss the carrot sticks with oil, garlic powder, smoked paprika, nutritional yeast, and salt. Add the aarowroot and toss again until the carrots are evenly coated. Preheat the air fryer to 400 and lightly spray the basket with oil.

Place carrot sticks in a single layer in the basket and cook for 10 minutes. NO OVERLAPPING! Shake the basket or flip the fries halfway through. Air fry for an additional 5 minutes to crisp them up. If they're not crispy enough, continue cooking in 5 minute intervals, checking frequently.

Avoid overcrowding the basket - using aarowroot is key to getting them crispy, so don't skip that step!



*If the fries aren't crispy enough, it could be due to overcrowding the basket, too much moisture on the carrots, or not using enough oil or cornstarch. Try cooking in batches and making sure the fries are evenly coated.

Recipe Idea: www.healthfulblondie.com

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