

Healthy Air Fryer Brussels Sprouts

Description

You will enjoy this crispy and tender Brussel sprouts.

Prep time: Two minutes

Cook time: Ten minutes

Total time: Twelve minutes

Servings: 4

Ingredients

1 lb. of Brussels sprouts, stems chopped and halved, leaves removed

Cooking spray

Salt and Black pepper as seasoning

Instructions

1. First, preheat the air fryer to about 350 degrees F, then pour the sprouts into a pan.
2. Spray the sprouts with cooking spray, then add in black pepper and salt. Combine until well mixed.
3. Pour the sprouts into the air fryer basket and fry for about twelve minutes. Shake the basket a few times for a crisper finish.
4. Serve.