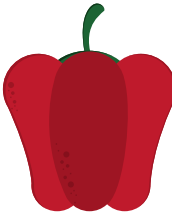




AIR FRYER

Vegetable Cook Times

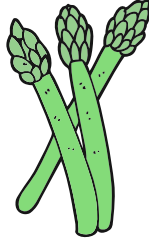
✓ Flip Halfway Through ✓ Times For Fresh Veggies ✓ Adjust Range Based On Size
*** 1 Inch Cubes or Pieces Work Best ***




PEPPERS
400F
15 MINUTES



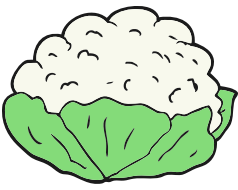
MIXED
400F
10 MINUTES



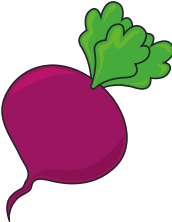
ASPARAGUS
400F
5 MINUTES




BROCCOLI
400F
5 MINUTES



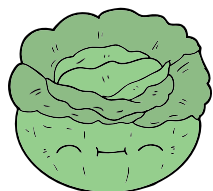
CAULIFLOWER
400F
12 MINUTES




BEETS
400F
40 MINUTES




BRUSSELS
SPROUTS
380F
15 MINUTES



CABBAGE
250F
12 MINUTES




CARROTS
380F
15 MINUTES

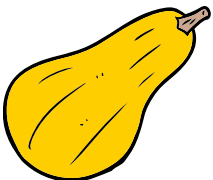


PEAS
400F
5 MINUTES


FOR FROZEN VEGETABLES ADD 10 MINUTES & MAKE SURE TO CHECK EVERY FEW MINUTES!



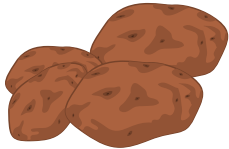
SQUASH
400F
12 MINUTES




ZUCCHINI
400F
12 MINUTES



ARTICHOKES
380F
15 MINUTES



POTATOES
400F
12 MINUTES



CORN COBS
390F
6 MINUTES

FOR DELICIOUS AND HEALTHY AIR FRYE RECIPES, VISIT MY CRAZY GOOD LIFE