

INGREDIENTS

- 1 lb. carrots, peeled
- 2 tsp. olive oil
- 1/2 tsp. garlic seasoning
- 1 tbsp low-fat parmesan cheese, optional

PROCEDURE

- Cut carrots into 1/4 inch wide fries.
- Mix carrot fries, cheese, oil, and garlic seasoning in large bowl.
- Add the fries to Air Fryer and cook on the highest temperature (425F) for 10 minutes. Remove basket and give a quick shake.
- Cook an additional 5-10 minutes, or until crispy and tender on the inside.

carrot fries

4 SERVINGS 25 MIN



Adapted from: thecreativebite.com



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- 1 lb. carrots, peeled
- 2 tsp. olive oil
- 1/2 tsp. garlic seasoning
- 1 tbsp low-fat parmesan cheese, optional

PROCEDURE

- Cut carrots into 1/4 inch wide fries.
- Mix carrot fries, cheese, oil, and garlic seasoning in large bowl.
- Add the fries to Air Fryer and cook on the highest temperature (435F) for 10 minutes. Remove basket and give a quick shake.
- Cook an additional 5-10 minutes, or until crispy and tender on the inside.

carrot fries

4 SERVINGS 25 MIN



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