

Tangy Air-Fried Apricots

Swick

Makes 4 | Active Time: 15 minutes | Total Time: 25 minutes

Step 1: Prepare the Apricots

- 4 ripe apricots (halved and pitted)
 - 1 tsp ground cinnamon
 - 1 tsp ground ginger
 - 2 T lemon juice
 - 2T orange juice
 - Dash of vanilla extract, optional
 - Optional Toppings: sprouted wheat cereal, oil-free granola, fruit coulis, plant-based yogurt
1. Preheat air fryer to 350°F (175°C)
 2. Wash and slice apricots in half, removing the pits. Set aside.
 3. In a small bowl, mix the spices and juices until the mixture is smooth and free of spice clumps. A small whisk works well for this.

Step 2: Air-Fry the Apricots

Place apricot halves cut-side up in the air fryer basket in a single layer.

Brush the fruit pieces with the spice mixture. Fill the pit with the mixture completely.

Cook for 6–8 minutes until soft and lightly caramelized at the edges.

TIP: check at the mid-way point (after 3 or 4 minutes). Reposition any pieces if needed. Check for doneness as you do not want to end up with "stewed apricots."

Once done, remove the apricots. Cool slightly and serve warm.

Serving Ideas: Top with a plant-based yogurt, a fruit coulis, cashew cream, low-fat granola etc.