



## Air Fryer Pickles Recipe

I love my air fryer and like to seek out recipes for it and this was caught my eye. Pickles are a great great snack because cucumbers also pack loads of vitamins and minerals in their vinegary brine. Some athletes swear by pickle juice after exercise to quickly replace lost electrolytes. One study found that pickle juice may work slightly better than water to relieve muscle cramps Air frying is a healthier way to get crunchy food and also save electricity and time.

**Serves: 4, Prep time: 10:00, Cook time: 10:00**

### Instructions

In a small bowl, mix together the tapioca starch and spices. Add half of this mixture to the almond flour in another bowl. In a third bowl or dish, whisk together the egg.

Dry the pickles well on a towel to remove any excess moisture. Spray your air fryer basket with avocado oil.

Toss the pickles in the tapioca starch mixture. One at a time, use a fork to dip each pickle slice into the beaten egg, then dredge the slice in the almond flour mixture. Place the breaded pickle in the basket.

Repeat with the remaining pickles. Lightly mist the tops of the pickles with avocado oil spray.

### Ingredients

- 1 cups Pickles, sliced (cucumber)
- 1 Egg
- 0.25 cups Almond Floor, or other floor of choice
- 2 tablespoon Tapioca starch, or corn floor
- 0.75 teaspoon Onion powder
- 0.5 teaspoon Paprika, Smoked
- 0.5 teaspoon Black pepper, ground
- 0.25 teaspoon Sea Salt
- 0.25 teaspoon Tumeric

Place the basket into an air fryer set to 375 degrees Fahrenheit (190 degrees Celsius) for about 10 minutes, or until the outside is golden brown. If needed, air fry for an additional 1 to 2 minutes more to achieve a nice golden brown exterior. Allow them to cool slightly before removing them from the basket.

Serve with your favorite dips and condiments!

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### Tips

- Every air fryer is different and therefore cooks slightly differently. Refer to your manual for details.
- Use savory vinegar-based pickles for this recipe. Avoid pickles with sugar in the brine as it will negatively affect their overall taste.