

Treasure Barrel

Air Fryer Churro Bites – Healthy, Quick Snack

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Dough

- [ ] 1 cup all-purpose flour
- [ ] 2 tbsp granulated sugar
- [ ] 1 tsp baking powder
- [ ] 1/4 tsp salt
- [ ] 2 tbsp melted butter
- [ ] 1/4 cup warm water
- [ ] 1/2 tsp vanilla extract

Coating

- [ ] 1/4 cup granulated sugar
- [ ] 1 tbsp ground cinnamon
- [ ] Optional: 1 tsp honey for a glossy finish

Instructions

1. In a mixing bowl, whisk together flour, sugar, baking powder, and salt; then stir in melted butter, warm water, and vanilla until a soft dough forms.
2. Cover the dough and let it rest for 5 minutes while you pre-heat the air fryer to 375°F.
3. Pinch off small portions of dough, roll into 1-inch sticks, and place them in a single layer in the air-fryer basket.
4. Air-fry for 6-8 minutes, shaking the basket halfway, until the bites turn lightly golden.
5. While still warm, toss the churro bites in the cinnamon-sugar mixture; drizzle with honey if using, then serve immediately.

Nutrition per serving

180 kcal	3 g	30 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels sticky, dust your hands with a bit of flour.
- For extra crunch, spray the bites lightly with cooking oil before air-frying.
- Adjust cinnamon amount to suit personal taste; a little goes a long way.