

AIR FRYER BUFFALO BRUSSELS SPROUTS

INGREDIENTS

- 1 lb. brussels sprouts - halved and trimmed
- 1½ tbsp. olive oil
- Pinch of salt
- ¼ cup buffalo sauce, keep more for drizzling
- 1 tsp. Walden Farms Maple Syrup
- 1 tbsp. crumbled gorgonzola cheese (For Maintenance only)
- 1 tbsp. sliced green onion

PREPARATION

1. In a large bowl, combine brussels sprouts with olive oil and salt. Toss well to coat.
2. Add brussels sprouts to air fryer and cook at 380°F for 5 minutes. Then, toss and cook for another 5-6 minutes.
3. Toss brussels sprouts with buffalo sauce and Maple Syrup. Return to air fryer and cook at 400°F for 2-3 minutes.
4. Serve with gorgonzola cheese, green onion. Drizzle buffalo sauce on top.
5. Enjoy!

