

# AIR-FRIED OYSTER MUSHROOMS

## INGREDIENTS

- 2 cups oyster mushrooms - rinsed well, and patted dry
- 1 garlic clove - minced
- 1 tbsp. tamari
- 1 tsp. avocado oil (optional)
- 2 tsp. of sesame seeds or furikake (optional, for garnish)



## PREPARATION

1. Add mushrooms to a bowl and toss with garlic, tamari, and avocado oil.
2. Air fry at 360°F for 10-15 minutes, keep shaking and stirring about halfway through.
3. Remove mushrooms from the air fryer and transfer to plate.
4. Top with sesame seeds or furikake for garnish.
5. Serve and enjoy!

