

# AIR FRYER PORK CHOPS

## INGREDIENTS

- 2 center-cut, bone-in pork chops - 1 ½ - 2 inches thick
- 2 approved sugar-free brown sugar
- 1 tbsp. paprika
- 1½ tsp. salt
- 1½ tsp. fresh ground black pepper
- 1 tsp. ground mustard
- ½ tsp. onion powder
- ¼ tsp. garlic powder
- 1-2 tbsp. olive oil

## PREPARATION

1. Preheat air fryer to 400°F for 5 minutes.
2. Rinse pork chops with cool water and pat dry completely with a paper towel.
3. Mix together all the dry ingredients in a small bowl.
4. Now, coat the pork chops with olive oil and rub in the mix well and liberally.  
Try to use all of the rub mix for the 2 pork chops.
5. Cook pork chops in air fryer at 400°F for 12 minutes - flip over after 6 minutes.
6. Serve and enjoy!

