

AIR FRYER HEARTS OF PALM



SERVING SIZE

2



INGREDIENTS

ITEM

Cans Whole Hearts of Palm, Drained
Dijon Mustard
Milk
Konjac Flour

QUANTITY

2 (14 Oz.)
2 Tbsp.
2 Tbsp.
2 Cups

ITEM

Onion Powder
Garlic Powder
Black Pepper
Paprika

QUANTITY

½ Tsp.
½ Tsp.
½ Tsp.
½ Tsp.



PREPARATION

- ✔ Preheat the air fryer to 375°F (190°C).
- ✔ In a bowl, whisk together Dijon mustard and milk to create a wet coating.
- ✔ In another bowl, mix konjac flour, onion powder, garlic powder, black pepper, and paprika.
- ✔ Dip each heart of palm piece into the mustard mixture, then coat evenly with the flour mixture.
- ✔ Arrange them in a single layer in the air fryer basket.
- ✔ Air fry for 10-12 minutes, shaking halfway through, until crispy and golden.
- ✔ Serve immediately with your favorite dipping sauce. Enjoy!