

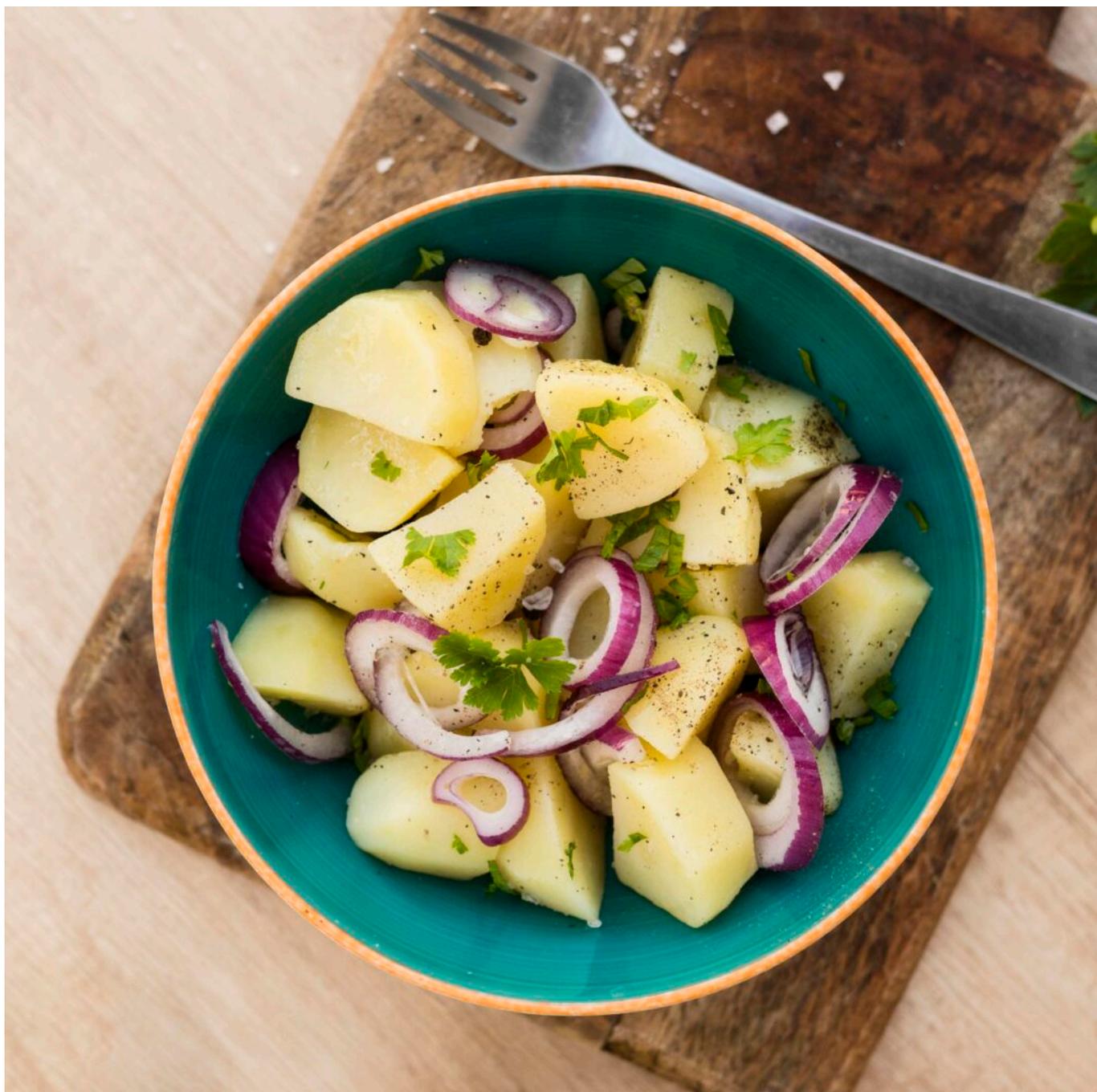
Table of Contents

- [Bake Sweet Potato In Air Fryer Recipe](#)
 - [Why This Recipe Works](#)
 - [Ingredients \(Bake Sweet Potato In Air Fryer \)](#)
 - [How to Bake Sweet Potato In Air Fryer](#)
 - 1. Prep the Sweet Potatoes
 - 2. Preheat the Air Fryer
 - 3. Air Fry
 - 4. Check for Doneness
 - 5. Serve
 - [Best Toppings for Sweet Potatoes](#)
 - Sweet Options
 - Savory Options
 - How to Store
 - [How to Reheat](#)
 - [Pro Tips for Perfect Air Fryer Sweet Potatoes](#)

Bake Sweet Potato In Air Fryer Recipe

If you love sweet potatoes but want a quicker, easier way to bake them, the air fryer is the perfect solution. It gives you a crispy skin, a soft and fluffy interior, and deep caramelized sweetness—without waiting an hour like the oven.

This recipe is simple, healthy, and naturally gluten-free, making it a great side dish for breakfast, lunch, or dinner.



Bake Sweet Potato In Air Fryer

□ Why This Recipe Works

- Faster than oven baking

- Soft, creamy inside and crispy outside
- Perfect for meal prep
- Healthy and nutrient-rich
- Only 3 ingredients needed

□ Ingredients (Bake Sweet Potato In Air Fryer)

- 2 medium sweet potatoes
- 1-2 teaspoons olive oil
- Salt (optional)

□ How to Bake Sweet Potato In Air Fryer

1. Prep the Sweet Potatoes

- Wash and scrub the sweet potatoes thoroughly.
- Pat dry with a clean towel.
- Rub with olive oil and sprinkle lightly with salt.

2. Preheat the Air Fryer

- Set your air fryer to 190°C / 375°F.

3. Air Fry

- Place sweet potatoes in the basket.
- Cook for 35–45 minutes, depending on size.
- Turn halfway through for even cooking.

4. Check for Doneness

- Pierce with a fork — it should slide in easily.
- If still firm, cook an additional 5–10 minutes.

5. Serve

- Slice open and fluff with a fork.
- Top with butter, cinnamon, honey, yogurt, or savory toppings like cheese or sour cream.



Bake Sweet Potato In Air Fryer

□ Best Toppings for Sweet Potatoes

Sweet Options

- Butter + honey
- Cinnamon + brown sugar
- Maple syrup
- Peanut butter

Savory Options

- Butter + black pepper
- Sour cream + chives

- Mexican-style corn topping
- Cheese + garlic butter

How to Store

- Let cooked sweet potatoes cool completely.
- Store in an airtight container in the refrigerator for up to 4 days.

□ How to Reheat

- Air Fryer:
5-7 minutes at 180°C / 360°F
- Microwave:
2-3 minutes on high
- Oven:
10-12 minutes at 180°C / 360°F

□ Pro Tips for Perfect Air Fryer Sweet Potatoes

- Choose evenly sized potatoes for uniform cooking.
- Do not wrap in foil; it prevents crispiness.
- Prick the skin with a fork to release steam.
- For faster cooking, cut the sweet potatoes in half.

More Best recipes To must cook:

- [Creamy Hungarian Mushroom Soup - Rich, Comforting & Easy to Make 2025](#)
- [Perfect Air Fryer Smashed Potatoes for Any Meal in 40 Minutes](#)
- [Easy Crock Pot Stuffing Recipe \(Best Slow Cooker Stuffing Ever\) 2025](#)
- [Creamy Air Fryer Macaroni Cheese 2025 Unbelievably Easy and Creamy!](#)
- [Free Baked Yogurt Custard Toast Recipe 2025 Sensation!](#)