Prep Time: 12 minutes
Cook Time: 14–16 minutes (plus optional 5-minute rest)
Total Time: ~30 minutes
Yield: 3–4 servings
Equipment: Air fryer (3-quart or larger), sharp knife, apple corer or melon baller, two shallow bowls, whisk, tongs, parchment or a wire rack

---

Table of Contents

- Ingredients
- Step-by-Step Instructions
  - Step 1: Prep the apples (5 minutes)
  - Step 2: Set up the breading station (4 minutes)
  - Step 3: Bread the fries (6–8 minutes)
  - Step 4: Preheat the air fryer (3 minutes)
  - Step 5: First air-fry pass (7–8 minutes at 400°F)
  - Step 6: Rest and serve (2 minutes)
- Time & Intensity Guide
- Recipe Notes & Tips
- Nutrition (per serving, 1 of 4, without dip)

Ingredients

For the apple fries:

- 3 medium crisp, firm apples (Honeycrisp, Fuji, Pink Lady, or Gala work best)
- 1/2 cup all-purpose flour (or 1/2 cup gluten-free 1-to-1 baking blend for a gluten-free version)
- 2 large eggs
- 1 tablespoon milk or water

- 1 teaspoon vanilla extract
- 1 cup panko breadcrumbs (or crushed cornflakes for extra crunch)
- 1/3 cup granulated sugar
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon fine salt
- Neutral cooking spray (canola, avocado, or coconut oil spray)

Optional dips:

- 1/3 cup Greek yogurt + 1 tablespoon honey + pinch of cinnamon
- 1/4 cup caramel sauce
- 1/4 cup melted chocolate

Step-by-Step Instructions

Step 1: Prep the apples (5 minutes)

1. Wash and dry the apples. Leave the skins on—they add color, fiber, and help the coating adhere.
2. Stand each apple upright and slice off the top and bottom. Cut the apple into 1/2-inch-thick planks, then cut each plank into 1/2-inch-wide “fries,” working around the core.
3. Use an apple corer, melon baller, or small knife to remove any core or seeds from the fries. Pat the fries thoroughly dry with paper towels—moisture is the enemy of crispiness.

Step 2: Set up the breading station (4 minutes)

1. Bowl 1: Whisk together the flour and salt.
2. Bowl 2: Whisk the eggs, milk, and vanilla until fully blended.
3. Bowl 3: Stir together the panko, sugar, and cinnamon.
4. Set a wire rack or parchment-lined tray nearby for the breaded fries.

Step 3: Bread the fries (6–8 minutes)

1. Working in small batches, toss the apple fries in the flour mixture until lightly coated; shake off excess.
2. Dip each fry into the egg mixture, letting excess drip back into the bowl.
3. Press each fry firmly into the panko mixture, turning to coat all sides. Press gently so the crumbs stick—this step is key to a crispy shell.
4. Place the breaded fries in a single layer on the rack. Do not stack them—overlapping fries steam instead of crisp.

Step 4: Preheat the air fryer (3 minutes)

Set the air fryer to 400°F (200°C) and preheat for 3 minutes. A hot basket gives the coating an instant head start on crisping.

Step 5: First air-fry pass (7–8 minutes at 400°F)

1. Lightly coat the air fryer basket with cooking spray.
2. Arrange the breaded fries in a single layer with a little space between each—no crowding. Work in batches if needed; two small batches crisp far better than one

crowded one.

3. Spray the tops of the fries lightly with cooking spray.

4. Air-fry at 400°F for 7–8 minutes, then flip each fry with tongs and air-fry another 2–3 minutes at 400°F until golden brown and crisp.

Step 6: Rest and serve (2 minutes)

1. Let the fries rest on a wire rack for 2 minutes—this lets the coating set and the interior cool slightly (apple interiors get very hot).

2. Serve immediately with your favorite dip. They're best enjoyed within 20 minutes, while the crust is at its crispiest.

Time & Intensity Guide

Phase	Temperature / Setting	Time	Intensity / Effort	What to Watch For
Apple prep	Knife work	5 min	Medium	Uniform 1/2-inch fries for even cooking
Breading station	No heat	4 min	Low	Three bowls, whisk until smooth
Bread the fries	No heat	6–8 min	Medium	Firmly press crumbs; single layer only
Preheating	400°F (200°C)	3 min	Low	Wait for full preheat

Phase	Temperature / Setting	Time	Intensity / Effort	What to Watch For
First air-fry pass	400°F (200°C)	7–8 min	Medium	Shake basket halfway if your model recommends
Flip & finish	400°F (200°C)	2–3 min	Low–Medium	Golden brown, audible crunch
Rest & serve	No heat	2 min	Low	Wire rack keeps bottoms crisp

Intensity notes: The overall effort is low-to-medium. The only hands-on intensity peaks during breading and the flip. Resist the urge to raise the temperature above 400°F—sugar in the coating can burn before the apple softens.

Recipe Notes & Tips

- Apple choice matters: Firmer apples hold their shape and stay slightly tart, balancing the sweet coating. Avoid McIntosh and Red Delicious, which turn mushy.
- Cut evenly: Thick fries (over 3/4 inch) may stay raw-tasting in the center; thin fries (under 1/4 inch) can burn. Aim for 1/2 inch.
- Dry apples = crisp fries: Pat the fries dry twice—once after cutting and again right before flouring.
- Don’t skip the flour: It creates a “glue” layer so the egg and crumbs adhere.
- Cornflake swap: For extra-crunchy fries, pulse 2 cups cornflakes into coarse crumbs and use in place of panko.
- Oven alternative: Bake on a parchment-lined sheet at 425°F for 15–18 minutes, flipping once.

- Make-ahead: Bread the fries up to 1 hour ahead and refrigerate uncovered on a rack. Air-fry straight from the fridge, adding 1–2 minutes.

Nutrition (per serving, 1 of 4, without dip)

Nutrient	**Amount**
Calories	~285 kcal
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	93 mg
Sodium	210 mg
Total Carbohydrates	52 g
Dietary Fiber	3 g
Total Sugars	24 g
Protein	6 g
Vitamin C	6% DV
Calcium	4% DV
Iron	8% DV