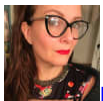


Extracted from - https://www.thekitchn.com/air-fried-oranges-recipe-23291640#amp_tf=From%20%251%24s&aoh=16437698054955&csi=0&referrer=https%3A%2F%2Fwww.google.com&share=https%3A%2F%2Fwww.thekitchn.com%2Fair-fried-oranges-recipe-23291640

Air-Fried Oranges May Become Your Favorite Way to Start the Day



BYCHERYL FENTON

Published Yesterday

<https://www.thekitchn.com/air-fried-oranges-recipe-23291640>

Credit: [Kelli Foster](#)

What do you kick your day off with every morning? Well, if you have an air fryer at home, there's a citrus treat that's about to give your breakfast staple a run for its money.

[Jen Jones](#), owner of [Nevéll Skin](#), posted "your morning obsession" to her 552,000-plus TikTok followers and it may be one you're surprised to see: air-fried oranges. While Jones' coffee-infused skincare line is all about what the caffeinated bevvie can bring to your beauty routine, she wants to inject a little vitamin C into your most important meal of the day with these little slices of heaven.

These oranges are part of the 31-day plant-based challenge she began on January 1. They're super easy to make and would be good as a quick snack any time of day.

Simply cut the fruit into thick slices and peel with a serrated knife (don't forget to compost the discarded peels).

After a drizzle of maple syrup and a dusting of cinnamon, Jones pops them into her [Ninja Air fryer](#) at 400°F for four minutes.

The result? Caramelized slices of pure morning sunshine.

To add a little more flavor and texture to the dish, she layers the orange slices with plant-based yogurt and granola before digging in. Whether you're an orange-lover or not, these can be the perfect way to start your day.

This isn't the first time this skincare maven has hit the air fryer for some tasty plant-based treats. Her recipe for an [air fryer banana split](#) has grown to be popular, too. If you've decided that you would prefer your oranges chilled in the morning, though, try this [creamy orange date smoothie](#) to please your palate.