

# The Ultimate Collection of Weight Watchers Air Fryer Recipes for Healthy and Delicious Meals

Are you trying to eat healthier but don't want to sacrifice taste? Look no further than these incredible Weight Watchers air fryer recipes! With the help of this versatile kitchen gadget, you can enjoy all your favorite fried foods without the guilt. From crispy chicken tenders to perfectly seasoned vegetables, the possibilities are endless. Join us as we explore a variety of mouthwatering air fryer recipes that are both Weight Watchers-friendly and incredibly delicious.

## 1. Crispy Air Fryer Buffalo Chicken Tenders



If you love buffalo chicken but want a healthier alternative to deep-fried wings, these air fryer buffalo chicken tenders are perfect for you. They are coated in a flavorful mix of spices and breadcrumbs, then air-fried to perfection until they're golden and crispy. With just **4 SmartPoints** per serving, you can enjoy these guilt-free and satisfy your craving for a spicy kick!



HEALTHY AIR FRYER  
RECIPES WHICH FULL  
OF NUTRITIONAL  
VALUES  
*Everyday Health*



## Healthy Air Fryer Recipes Which Full Of Nutritional Values: Everyday Health: Weight Watchers Air

**Fryer Recipes** by Joanna Albrecht (Kindle Edition)

★★★★★ 5 out of 5

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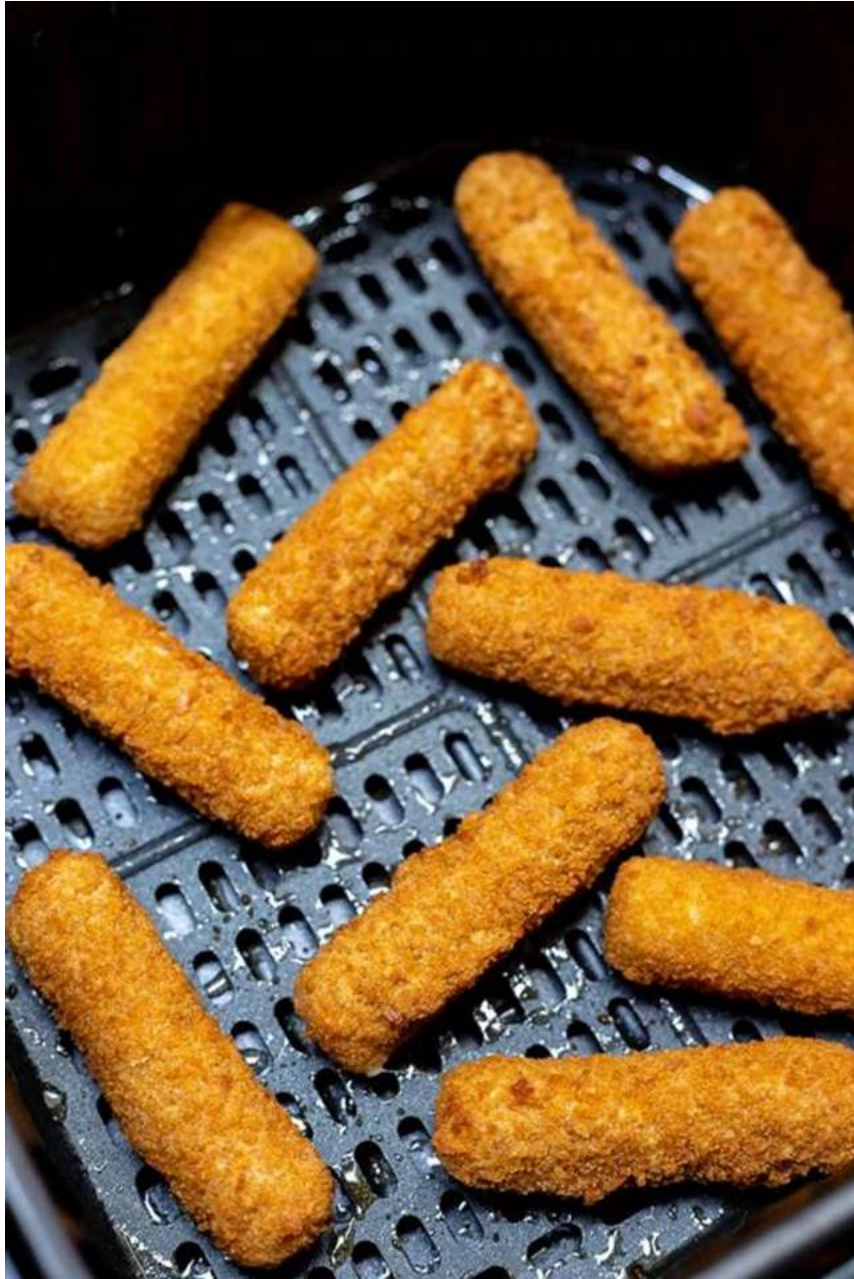
## 2. Garlic Parmesan Air Fryer Brussels Sprouts



Brussels sprouts get a bad rap, but when you cook them in an air fryer, they become irresistibly delicious. These garlic parmesan Brussels sprouts are loaded with flavor and have a satisfyingly crispy texture. Each serving is only **2 SmartPoints**, making them a perfect side dish or a light snack option.

### **3. Air Fryer Mozzarella Sticks**





If you're a fan of mozzarella sticks, you'll love this healthier air fryer version. These mozzarella sticks are made with reduced-fat cheese and baked, not fried, until they're beautifully golden and gooey. Dip them in your favorite marinara sauce for a delicious appetizer or snack. The best part? They are only **3 SmartPoints** per serving!

#### **4. Crispy Air Fryer Chicken Schnitzel**



Craving some comforting crispy chicken? This air fryer chicken schnitzel is a healthier twist on the classic dish. It's made with lean chicken breasts that are breaded and air-fried to perfection. Serve it alongside a fresh salad or with a side of roasted vegetables for a satisfying and filling meal. At just **5 SmartPoints** per serving, it's a guilt-free indulgence!

## **5. Air Fryer Sweet Potato Fries**





Sweet potato fries are always a crowd-pleaser, and when prepared in an air fryer, they become even more addictive. These crispy sweet potato fries are seasoned to perfection and cooked until they're golden brown and perfectly tender on the inside. With only **2 SmartPoints** per serving, you can enjoy these guilt-free fries as a snack or a side dish.

## **6. Air Fryer Parmesan-Crusted Fish**



If you're looking for a delicious way to incorporate more fish into your diet, this air fryer parmesan-crust fish is a winner. The fish is coated in a flavorful blend of parmesan cheese and breadcrumbs, then air-fried to perfection. The result is a crispy, savory crust that perfectly complements the tender, flaky fish. This dish is only **4 SmartPoints** per serving, making it a healthy and tasty addition to your meal rotation.

## 7. Air Fryer Cinnamon Apple Chips



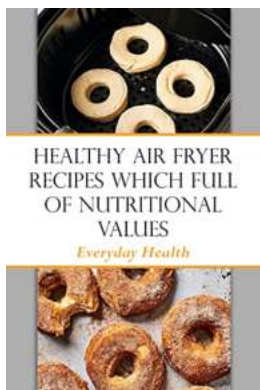
Satisfy your sweet tooth with these delightful air fryer cinnamon apple chips. They are made with thinly sliced apples coated in a sprinkle of cinnamon, then air-fried until they become crispy and caramelized. These apple chips are a guilt-free snack option that will leave you feeling satisfied and craving-free. Plus, they are only **1 SmartPoint** per serving!



With these incredible Weight Watchers air fryer recipes, you can enjoy delicious, crispy, and healthy meals without feeling deprived. The air fryer is a game-changer when it comes to cooking, as it allows you to achieve that irresistible fried texture and flavor using minimal oil. Whether you're craving chicken tenders, vegetables, or even sweet treats, the air fryer has got you covered.

Experiment with different seasonings and ingredients to create your own variations of these recipes. Don't be afraid to get creative and try new combinations. The possibilities are endless when it comes to air fryer cooking.

So, fire up your air fryer and start whipping up these Weight Watchers air fryer recipes today. Your taste buds and waistline will thank you!



## Healthy Air Fryer Recipes Which Full Of Nutritional Values: Everyday Health: Weight Watchers Air Fryer Recipes

by Joanna Albrecht (Kindle Edition)

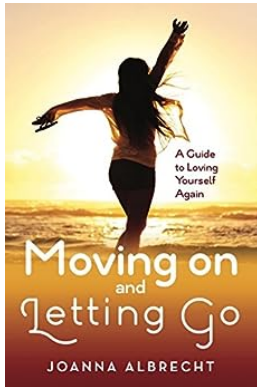
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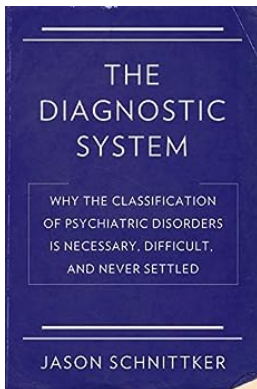
Healthy eating experts love that the air fryer gives you control over how much salt and oil you add, and note that it's not just great for making healthier versions of your favorite fried foods. You can also crisp vegetables, roast chicken, and even cook a steak in the air fryer.

Are you still choosing between healthy and tasty food? Here is a solution for you.  
Healthy and tasty food every day!



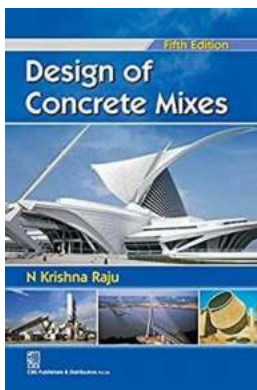
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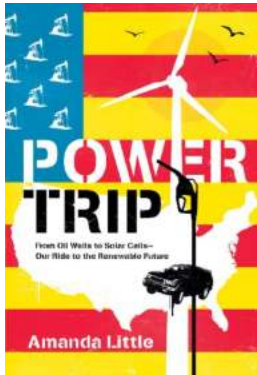
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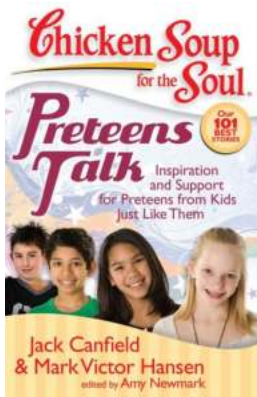
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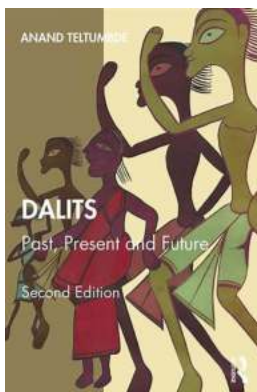
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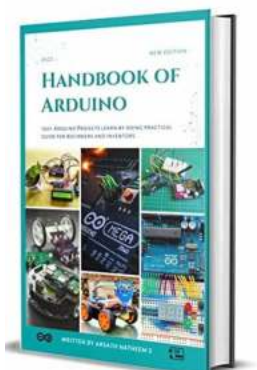
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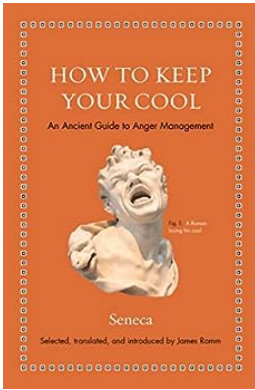
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