

BY GLENDA THOMPSON

10X SUGAR FREE AIR FRYER RECIPES

INCLUDES RECIPES FOR BROWNIES, CARROT CAKE, APPLE FRITTERS AND MORE...

Discover delicious and healthy desserts you can make in your air fryer that are free of refined sugar yet taste delightfully sweet.



Sugar Free Air Fryer Desserts

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cake, apple fritters and more...**

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Introduction

Welcome to the Sugar Free Air Fryer Cookbook!

Inside you'll find delicious and healthy desserts you can make in your air fryer. This includes recipes for cakes, cookies, bars, fritters, and snack bars that are naturally sweetened with fruits, honey, or sugar substitutes.

Cooking in an air fryer has many benefits, such as:

- It uses hot air to cook your food, which means you need less or no oil, resulting in lower calories and fat.
- It cooks your food faster and more evenly than a conventional oven, saving you time and energy.

- It creates a crispy and browned exterior and a moist and tender interior, giving you the best of both worlds.
- It is easy to use and clean, with simple settings and a removable basket that is dishwasher safe.

So if you love the convenience of cooking in an air fryer, and want to satisfy your sweet tooth without wrecking your health with refined sugar, you'll find lots of tasty options in this Sugar Free Air Fryer Cookbook!

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Please note that the nutritional information is calculated per serving.



Air Fryer Carrot Cake

Serves: 8 | **Prep time:** 15 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
263 kcal	16 grams	28 grams	6 grams

INGREDIENTS

- 1.5 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 3/4 cup coconut sugar
- 1/4 cup vegetable oil
- 2 eggs
- 1/4 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1.5 cups shredded carrots
- Cooking spray

For the frosting:

- 4 ounces cream cheese, softened
- 2 tablespoons butter, softened
- 1/4 cup powdered stevia
- 1/2 teaspoon vanilla extract

Instructions:

1. In a large bowl, whisk together the flour, baking powder, baking soda, salt, and pumpkin pie spice.
2. In another bowl, whisk together the coconut sugar, oil, eggs, applesauce, and vanilla extract.
3. Add the wet ingredients to the dry ingredients and stir until well combined. Fold in the shredded carrots.
4. Cut a piece of parchment paper to fit the bottom and sides of your air fryer basket. Spray the parchment paper with cooking spray.
5. Pour the batter into the prepared basket and spread it evenly. Cover the top loosely with aluminum foil.
6. Preheat the air fryer to 350°F and bake the cake for 25 minutes, or until a toothpick inserted in the center comes out clean.
7. Carefully lift the cake out of the basket using the parchment paper and transfer it to a wire rack to cool completely.
8. To make the frosting, beat the cream cheese and butter with an electric mixer until smooth. Add the powdered stevia and vanilla extract and beat until fluffy.
9. Spread the frosting over the cooled cake and cut into 8 slices.





Peanut Butter Energy Balls

Serves: 20 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
121 kcal	7 grams	15 grams	3 grams

INGREDIENTS

- 1 cup old-fashioned oats
- 1/2 cup natural peanut butter
- 1/4 cup honey
- 1/4 cup mini chocolate chips
- 1/4 cup unsweetened shredded coconut
- Cooking spray

INSTRUCTIONS

1. In a large bowl, stir together the oats, peanut butter, honey, chocolate chips, and coconut until well combined.
2. Shape the mixture into 20 balls, about 1 inch in diameter each. Place them on a baking sheet lined with parchment paper and refrigerate for 30 minutes to firm up.
3. Preheat the air fryer to 350°F and spray the basket with cooking spray.
4. Place the balls in a single layer in the basket, leaving some space between them. You may need to work in batches depending on the size of your air fryer.
5. Air fry for 10 minutes, shaking the basket halfway through, until the balls are golden and crisp on the outside.
6. Transfer the balls to a wire rack to cool slightly.



Almond Date Bars

Serves: 16 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
147 kcal	8 grams	14 grams	4 grams

INGREDIENTS

- 1.5 cups pitted dates
- 1/4 cup water
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1 cup rolled oats
- 1 cup sliced almonds
- 1/4 cup almond butter
- Cooking spray

INSTRUCTIONS

1. In a saucepan over medium heat, combine the dates, water, salt, cinnamon, and vanilla. Cook, stirring occasionally, until the dates are soft and the mixture is thick, after about 15 minutes. Transfer to a blender or food processor and puree until smooth.
2. In a large bowl, mix the oats and almonds.
3. Spread half of the oat mixture over parchment paper in the air fryer tray. Spread the date mixture over the oat layer, leaving some space around the edges. Add the remaining oat mixture over the top.
4. Bake the bars in the air fryer to 300° for 15 minutes.
5. Lift the bars out of the basket and transfer to a wire rack to cool.



Chocolate-Hazelnut Energy Balls

Servings: 16 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
118 kcal	7 grams	13 grams	2 grams

INGREDIENTS

- 1 cup pitted dates
- 1/2 cup roasted hazelnuts
- 1/4 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

1. In a blender pulse the dates until they form a sticky paste. Transfer to a large bowl.
2. In the same blender pulse the hazelnuts until they are finely chopped. Add them to the bowl with the dates, along with the cocoa powder, salt, and vanilla extract. Mix well with your hands until a dough forms.
3. Shape the dough into 16 balls, about 1 inch in diameter each. Place them on a baking sheet and refrigerate for 30 minutes to firm up.
4. Preheat the air fryer to 350°F and spray the basket with cooking spray.
5. Place the balls in the basket, leaving some space between them. You may need to work in batches depending on the size of your air fryer.
6. Air fry for 10 minutes, shaking the basket halfway through, until the balls are slightly crisp.
7. Transfer the balls to a wire rack to cool.



Apricot-Ginger Energy Balls

Servings: 6 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
97 kcal	4 grams	15 grams	2 grams

INGREDIENTS

- 1 cup dried apricots
- 1/4 cup water
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1 cup rolled oats
- 1/4 cup tahini
- 2 tablespoons honey

INSTRUCTIONS

1. In a saucepan over medium heat, combine the apricots, water, salt, cinnamon, and ginger. Cook, stirring occasionally, until the apricots are soft and the mixture is thick, after 15 minutes. Transfer to a blender or food processor and puree until smooth.
2. In a large bowl, stir together the oats, tahini, and honey until well combined.
3. Shape the mixture into 16 balls. Place them on a baking sheet lined with parchment paper and refrigerate for 30 minutes to firm up.
4. Preheat the air fryer to 350°F.
5. Place the balls in the basket and air fry for 10 minutes, until the balls are slightly crisp on the outside.
6. Transfer the balls to a wire rack to cool.



Soft Honey Cookies

Serves: 24 | **Prep time:** 15 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
92 kcal	3 grams	15 grams	2 grams

INGREDIENTS

- 1/4 cup butter, softened
- 1/2 cup honey
- 1 egg
- 1 teaspoon lemon zest
- 1/4 teaspoon nutmeg
- 2 cups whole-wheat flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

INSTRUCTIONS

1. In a bowl, cream the butter and honey with an electric mixer until light and fluffy. Add the egg, lemon zest, and nutmeg and beat well.
2. Whisk together the flour, baking soda, and salt. Gradually add the dry ingredients to the wet ingredients.
3. Refrigerate the dough for 30 minutes.
4. Preheat the air fryer to 350°F.
5. Drop the dough by rounded tablespoonfuls onto the prepared basket, leaving some space between them. You may need to work in batches depending on the size of your air fryer.
6. Air fry for 10 minutes, or until the cookies are lightly browned and set.
7. Transfer the cookies to a wire rack to cool.



Apple Fritters

Servings: 12 | **Prep time:** 15 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
154 kcal	5 grams	29 grams	3 grams

INGREDIENTS

- 2 cups whole-wheat pastry flour
- 1/4 cup coconut sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 2 eggs
- 3/4 cup milk
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 2 medium apples, peeled and diced

For the glaze:

- 2 tablespoons butter
- 1/4 cup powdered sugar
- 2 tablespoons milk
- 1/4 teaspoon vanilla extract

INSTRUCTIONS

1. In a large bowl, whisk together the flour, coconut sugar, baking powder, salt, and nutmeg.
2. In another bowl, whisk together the eggs, milk, butter, and vanilla extract.
3. Add the wet ingredients to the dry ingredients and stir until just combined. Fold in the apples.
4. Cut a piece of parchment paper to fit the bottom and sides of your air fryer basket. Spray the parchment paper with cooking spray.
5. Drop the batter by heaping tablespoonfuls onto the prepared basket, leaving some space between them. You may need to work in batches depending on the size of your air fryer.
6. Preheat the air fryer to 375°F and bake the fritters for 15 minutes, or until golden and cooked through.
7. To make the glaze, melt the butter in a small saucepan over medium heat, stirring occasionally, until browned and nutty, about 10 minutes. Be careful not to burn the butter.
8. Whisk in the powdered sugar, milk, and vanilla extract until smooth and glossy.
9. Drizzle the glaze over the warm fritters and enjoy!



Fresh Apple Squares

Servings: 16 | **Prep time:** 15 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
128 kcal	4 grams	24 grams	2 grams

INGREDIENTS

- 1/4 cup butter, softened
- 1/2 cup coconut sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup whole-wheat flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 medium apples, peeled and shredded
- 1/4 cup rolled oats
- 2 tablespoons coconut sugar
- 1 tablespoon butter, melted
- Cooking spray

INSTRUCTIONS

1. In a large bowl, cream the butter and coconut sugar with an electric mixer until light and fluffy. Add the egg and vanilla and beat well.
2. In a small bowl, whisk together the flour, baking soda, salt, cinnamon, and nutmeg. Gradually add the dry ingredients to the wet ingredients and mix well. Stir in the shredded apples.
3. Spread the batter evenly over parchment paper in the air fryer tray.
4. In a small bowl, combine the oats, coconut sugar, and butter. Sprinkle the mixture over the batter.
5. Preheat the air fryer to 350°F and bake the squares for 20 minutes, or until golden and set.
6. Carefully lift the squares out of the basket and transfer to a wire rack to cool completely.
7. Cut into 16 squares and enjoy!





Pear Bundt Cake

Servings: 12 | **Prep time:** 10 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
165 kcal	3 grams	30 grams	2 grams

INGREDIENTS

- 1 box yellow cake mix
- 1/4 cup vegetable oil
- 3 eggs
- 1/4 cup water
- 1 teaspoon cinnamon
- 1 can (15 oz) pear halves, drained and chopped

INSTRUCTIONS

1. In a bowl, whisk together the cake mix, oil, eggs, water, and cinnamon until well combined. Stir in the chopped pears.
2. Pour the batter into a 6-inch bundt pan and place the pan on a tray in the air fryer.
3. Heat the air fryer to 325°F and bake the cake for 25 minutes, or until a toothpick inserted in the center comes out clean.
4. Carefully lift the cake out of the basket using the parchment paper and transfer to a wire rack to cool.
5. Invert the cake onto a serving plate and enjoy!



Air Fryer Brownies

Servings: 9 | **Prep time:** 10 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
171 kcal	15 grams	9 grams	5 grams

INGREDIENTS

- 1/4 cup butter, melted
- 1/2 cup sugar-free granulated sweetener
- 2 eggs
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/2 cup almond flour
- 1/4 cup unsweetened cocoa powder

INSTRUCTIONS

1. In a bowl, whisk together the butter and sweetener until well combined. Add the eggs, vanilla, and salt and whisk until smooth.
2. Whisk together the almond flour and cocoa powder. Stir the dry ingredients with the wet ingredients.
3. Pour the batter into an air fryer basket and spread it evenly.
4. Heat the air fryer to 350°F and bake the brownies for 20 minutes, or until a toothpick comes out clean.
5. Lift the brownies out of the basket and transfer to a wire rack to cool.

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