

# Avocado Fries



Prep Time: 10 Minutes

Cook: 20 minutes

## Ingredients

1/2 cup breadcrumbs

1/2 teaspoon salt

1 Haas avocado peeled, pitted, and sliced

Aquafaba from 1 15 ounce can white beans or garbanzo beans

## Directions

- In a shallow bowl, toss together the panko and salt.
- Pour the aquafaba into another shallow bowl.
- Dredge the avocado slices in the aquafaba and then in the panko, getting a nice, even coating.
- Arrange the slices in a single layer in your air fryer basket.
- The single layer is important. No overlapping, please!
- Air fry for 10 minutes (Do not preheat.) at 390F, shaking well after 5 minutes.
- Serve with your favorite dipping sauce!

