

Air Fryer Mini Muffin Bites エアフライヤー・ミニマフィンバイツ

For 4 cm × 3.5 cm silicone air fryer cups | Yield: 7–8 mini bites

General Air Fryer Notes

- Silicone cups should sit directly on the crisper plate for best browning.
- Fill cups only 60–70% full.
- Mini baked goods cook much faster in the air fryer than in a conventional oven.
- These freeze very well for quick breakfasts or snacks.
- Reheat at 150–160°C for 2–3 minutes.

Mini Cornmeal Bites コーンミール・ミニバイツ

Ingredients

- 50 g fine cornmeal (コーンミール)
- 40 g all-purpose flour (薄力粉)
- 1 tsp baking powder
- ¼ tsp baking soda (重曹)
- ¼ tsp salt + pinch MSG (塩+MSG)
- 1 tsp honey
- 1 egg (Mサイズ)
- 70 g plain Oikos Greek yogurt (オイコス)
- 60 ml soy milk (豆乳)
- 1 T / 14 g canola oil
- Optional: 15 g chopped walnuts (くるみ)



Instructions

1. **Preheat** air fryer to **160°C** for **3 minutes**.
2. Whisk together **dry ingredients** in one bowl.
3. Whisk together **wet ingredients** in another bowl.
4. Combine wet and dry ingredients gently.
5. Fold in **walnuts** if using.
6. Fill silicone cups about $\frac{2}{3}$ full.
7. Air fry at **160°C** for **8–10 minutes**.
8. **Cool 5 minutes** before removing from cups.

Nutrition

Per mini bite (8 bites): Kcal: 65 | Protein: 2 g | Fat: 3 g | Sat Fat: 0 g | Carbs: 8 g
| Sugars: 1 g | Fiber: 1 g | Sodium: 90 mg | Omega-3: 0.1 g

Savory Cheese Muffin Bites

セイボリー・チーズマフィンバイツ

Ingredients

- 70 g all-purpose flour (薄力粉)
- 20 g fine cornmeal (コーンミール)
- 1 tsp baking powder
- ¼ tsp baking soda (重曹)
- ¼ tsp salt + pinch MSG (塩+MSG)
- Black pepper
- 1 egg (Mサイズ)
- 70 g plain Oikos Greek yogurt (オイコス)
- 60 ml soy milk (豆乳)
- 1 T / 14 g olive oil
- 40 g shredded cheese (チーズ)
- 1 T chopped parsley or chives (パセリ / チャイブ)
- Optional: 20 g finely chopped ham or bacon



Instructions

1. **Preheat** air fryer to **160°C** for **3 minutes**.
2. Combine **dry ingredients** in one bowl.
3. Whisk **wet ingredients** in another bowl.
4. Stir wet ingredients into dry ingredients gently.
5. Fold in **cheese, herbs**, and **optional ham/bacon**.
6. Fill silicone cups about $\frac{2}{3}$ full.
7. Air fry at **160°C** for **9–11 minutes**.
8. Cool slightly before serving.

Nutrition

Per mini bite (8 bites): Kcal: 75 | Protein: 3 g | Fat: 4 g | Sat Fat: 1 g | Carbs: 7 g
| Sugars: 1 g | Fiber: 0 g | Sodium: 120 mg | Omega-3: 0.1 g