



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD

Air Fryer Blackened Salmon Bowl



Ingredients

- 1 5-6 oz salmon filet cut into 1 inch squares
- ½ tablespoon paprika
- ¼ teaspoon dried cayenne pepper
- ¼ teaspoon garlic salt
- ¼ dried thyme
- Salt and pepper to taste
- Avocado oil spray
- ½ cup cooked white or brown rice
- ¼ cup shredded carrots
- 6 slices cucumber

For Sriracha aioli

- ¼ cup plain greek yogurt (I used 0% fage brand)
- ½ tablespoon sriracha
- ½ tablespoon honey
- Garlic salt and pepper to taste
- Combine all ingredients until smooth. Adjust seasoning based on preferences.

Macros 0 fat 10 carbs 6 protein

Directions

1. Pre heat air fryer to 400 then
2. Place salmon in bowl and spray with avocado cooking spray
3. Combine all seasonings and rub all over salmon until coated evenly
4. Spray your air fryer basket before placing salmon inside. Cook at 400 degrees for 7 minutes shaking half way through.
5. Assemble the Salmon bowl and top with sriracha aioli drizzled on top!

Makes 1 serving. Estimated macros with aioli 13 fat 36 carbs 31 protein



Air Fryer Protein Bagels!

Ingredients

- 180 grams (1.5 cups) All purpose flour
- 180 grams (¾ cup) Plain 0% fage greek yogurt
- 2 Teaspoons Baking powder (if using self raising flour you do not need this)
- 1 egg for egg wash
- Seasonings of choice to add flavor

Directions

1. Pre heat air fryer to 350 degrees
2. Combine all dry ingredients and then add greek yogurt
3. Mix until a dough forms. Break into 3 small balls and kneed to smooth
4. Form into 3 bagels by rolling into a rope shape and then connect both ends
5. Place into air fryer and brush with egg wash then add seasonings
6. Cook for 8 minutes then flip and cook for an additional 2 minutes
7. Remove from air fryer and let cool for 10-15 minutes. This will ensure that the bagels are firm enough to slice

Macros per bagel 206 calories 1 fat 36 carbs 11 protein