



Air Fryer Halloumi

Ingredients

- 1 (8oz) block halloumi cheese
- Avocado oil spray or 1 teaspoon olive oil

Instructions

- Preheat your air fryer to 380°F.
- Cut the halloumi block into ½-inch thick slices. If you are using olive oil, lightly brush both sides with olive oil. If you are using spray, lightly spray both sides.
- Evenly space the halloumi pieces in the preheated air fryer basket - no overlapping!
- Air fry at 380°F for 8 to 10 minutes. Flip halfway through with tongs so they are evenly golden. They should be golden, not burnt. You can add 1 to 2 extra minutes if you want the halloumi to be crispier.
- Serve immediately!

NUTRITION PER SERVING (BASED ON 8 SERVINGS, 1 OZ. EACH): CALORIES: 90 CARBOHYDRATES: 1G | PROTEIN: 6G | FAT: 7G | FIBER: 0G