



Air Fryer Sweet Potato Fries

Description



These delicious, healthy Air Fryer Sweet Potato Fries are light and crispy on the outside and tender on the inside. Super easy to make for a side dish, snack, or party treat.

Ingredients:

- 4 medium sweet potatoes, peeled if desired
- 4 t. of your favorite The Olive Tap's [100% Extra Virgin Olive Oils](#)
- 1/2 t. garlic powder
- 1/2 t. paprika

- salt and pepper to taste

Directions:

1. Preheat your air fryer to 380 degrees for 5 minutes. Peel the sweet potatoes, if desired and cut the sweet potatoes into 1/4 inch thick sticks.
2. In a large bowl, add the sweet potatoes, olive oil, garlic powder, paprika and salt and pepper. Toss until all fries are evenly coated.
3. Place the fries in a single layer in the air fryer. It's very important to leave a bit of space between the fries so the hot air can circulate all the way around – the more space in between the crisper they will be.
4. Cook the fries in batches, so as not to overcrowd your fryer basket, until they're crispy for 6-8 minutes, then turn and cook another 6-8 minutes until they are cooked to your liking. When all your fries have finished cooking you can put them all back in the air fryer and cook for 1-2 minutes to serve all the cooked fries hot at once!

Serve immediately, alone or with your favorite dipping sauce.

Recipe by Kelly, Colorado Springs

Recipe originally appeared at <https://theolivetaprecipes.com/recipes/air-fryer-sweet-potato-fries/>

[Back to Recipes](#)

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