

## **Air Fryer Crispy Tofu**

Tofu is a great plant-based protein alternative. Try tossing the crispy tofu pieces into curries, stir-fries, or noodle dishes. It is also a fun dipper for flavorful sauces like peanut sauce or BBQ sauce.

Makes 2-3 servings

### **Ingredients:**

1 package (14-16-oz.) organic extra firm tofu  
½ tsp. salt  
½ tsp. garlic powder  
¼ tsp. ground black pepper  
2 tablespoons arrowroot starch or cornstarch  
1 tablespoon avocado oil

### **Directions**

1. Heat air fryer to 400°F.
2. Drain tofu and pat dry with a clean kitchen towel.
3. Cut tofu into approximately 1-inch pieces; place in a mixing bowl. Toss with salt, garlic, pepper and starch. Add oil and toss gently to coat.
4. Lay pieces in a single layer in air fryer basket. Cook for 8-10 minutes, turning pieces once halfway through, until browned and crispy.