

## Avocado Fries

- 1/4 cup flour
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt
- One egg
- 1 teaspoon water
- 1/2 cup Panko bread crumbs
- One ripe avocado, pitted and sliced into 8 pieces
- Cooking Spray



Preheat air fryer to 400 degrees.

In bowl one, stir together flour, salt and pepper. Gently beat egg and water in second bowl. Add bread crumbs to third bowl.

Dip one avocado slice in flour mixture, making sure to coat then shake off excess. Dip that slice into the egg mixture, making sure to coat and shake off excess. Press that slice into bread crumbs, making sure to coat and set breaded slice on waxed paper or fryer pan. Repeat with remaining slices.

Spray one side of each breaded slice with cooking spray. Turn over and spray other side.

Cook in air fryer for four minutes. Turn slices over and cook another three or four minutes until golden brown.

Serve with dipping sauces.