

## Air Fryer Beaver Tails



*Discover the joy of preparing and enjoying at home a mini version of the iconic fair classic, Beaver Tails. Easy and fun to make, this [healthy treat](#) is sure to delight the taste buds of the whole family, creating a festive atmosphere right in your kitchen. Top it with your favourite flavours!*

Preparation 10 min

Cooking 12 min

Servings 6

Nutrition Facts (per serving)

Calories 185

Fat 6

Carbohydrates 24

Fibre 2

Protein 8

Sodium 165

### **Ingredients**

- 250 ml (1 cup) all-purpose flour
- 250 ml (1 cup) 0% Greek yogourt
- 30 ml (2 tbsp) ground chia seeds
- 10 ml (2 tsp) vanilla extract

- A pinch of salt
- 30 ml (2 tbsp) coconut oil
- 30 ml (2 tbsp) white sugar
- 5 ml (1 tsp) cinnamon

## Preparation

1. In a medium bowl, mix the dough ingredients without over-kneading.
2. On a floured surface, transfer the dough and form it into a ball, then cut it into 12 equal parts.
3. With your hands, flatten and gently stretch each piece of dough to an oval shape, about 5 mm thick.
4. In a microwave-safe small bowl, heat the coconut oil in 10-second bursts to melt it.
5. Using a kitchen brush, coat both sides of the Beaver Tails with oil.
6. Cook 4-6 Beaver Tails at a time in the air fryer, to prevent sticking, for 10 to 12 minutes, flipping them halfway through.
7. While cooking, mix the sugar and cinnamon in a shallow plate.
8. Brush the cooked Beaver Tails with the remaining melted oil and sprinkle them with cinnamon sugar. Serve with maple syrup or other toppings if desired.

## Notes

Best when cooked fresh, but the raw dough can be kept for 1 day in the refrigerator or 3 months in the freezer.

You can use plain or vanilla-flavoured Greek yogurt. If you have an oil sprayer, it can substitute for the coconut oil without issue. Since air fryer power can vary from one device to another, keep an eye on the Beaver Tails during cooking to avoid overcooking.



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