

Air Fryer Dehydrated Fruits



Discover a snack that is both practical, natural, and perfect to take with you anywhere. Whether during a hike, after an outdoor workout, or simply to satisfy a small hunger, these homemade dehydrated fruits offer a quick and flavorful energy boost. Easy to prepare in the air fryer, they contain no added ingredients and are easy to carry every day. Dietitians often recommend them as a simple and effective alternative to store-bought snacks. Want to discover more? Check out our [Top 25 Quick and Healthy Air Fryer Recipes](#) to stock up on tasty ideas.

Preparation 5 min
Cooking 360 min
Servings 6
Nutrition Facts (per serving)
Calories 70
Fat 0
Carbohydrates 18
Fibre 2
Protein 1
Sodium 0

Ingredients

- 2 clementines
- 2 medium bananas
- 1 mango

Preparation

1. Wash the fruits thoroughly, dry them with paper towel, then peel the mango and the bananas.
2. Slice the fruits into thin, even slices.
3. Line the air fryer with parchment paper and arrange the fruit slices in a single layer.
4. Select the “Dehydrate” function or set to the lowest temperature (often 65°C) and dehydrate for 5 to 6 hours, turning halfway through.
5. Remove the fruits and let cool completely.

Notes

Keeps for up to 3 months in an airtight container at room temperature.



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