



Sweet Cinnamon Fritter Fries



1/2 of recipe: 189 calories, 0.5g total fat (0g sat. fat), 289mg sodium, 39g carbs, 4.5g fiber, 4.5g sugars, 8.5g protein

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Prep: 10 minutes **Cook:** 30 minutes



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Ingredients

3/4 cup panko bread crumbs
2 packets natural no-calorie sweetener
1 tsp. cinnamon
1/8 tsp. salt
1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
12 oz. (about 1/2 medium) butternut squash cut into French-fry-shaped spears
Optional dip: natural sugar-free pancake syrup

Directions

In a wide bowl, combine bread crumbs, sweetener, cinnamon, and salt. Mix well.

Place egg whites/substitute in a second wide bowl. Coat butternut squash fries with egg, followed by the seasoned bread crumbs.

Spray an air fryer with nonstick spray. Place half of the butternut squash fries in the air fryer in a single layer, and spray with nonstick spray.

Set air fryer to 400°F. Cook until golden brown and crispy, 13–15 minutes. Repeat with remaining fries.

MAKES 2 SERVINGS

Oven Alternative: Bake fries at 400°F until golden brown and crispy, about 40 minutes, flipping halfway through.

Wanna see our fry-coating technique in action? [Click to watch!](#)

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