



Banana Pepper Rings

Crispy Air Fried

Ingredients:

- 2 cups strained Banana Pepper Rings
- 1 bag of Diet Mentor chips (any kind)
- 1 egg

Directions:

1. Whip 1 egg.
2. Crumble or crush bag of chips.
3. Dip each pepper, one at a time, into the egg and the chips crumbs until covered.
4. Cook in air fryer at 400 degrees for 10-15 minutes.
5. Enjoy!

Servings:

Each serving contains: 2 cups select veggies, 1 Diet Right product, 1 ounce lean protein

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