



An air fryer breakfast burrito is a delicious combination of scrambled eggs, cheese, and other breakfast favorites (like bacon, sausage, or veggies) wrapped in a warm tortilla and cooked to perfection in an air fryer. Unlike traditional stovetop or oven-cooked breakfast burritos, air fryers use hot air to crisp up the tortilla, creating a delightful crunch that complements the soft, flavorful filling inside.

These burritos are perfect for busy mornings when you need a [satisfying meal](#) without spending too much time in the kitchen. Plus, they're great for reheating if meal prepping is your thing!

Why Choose Air Fryer Breakfast Burritos for Your Morning Meal?

Not sure if air fryer breakfast burritos are worth the hype? Here's what sets them apart from traditional methods:

- **Quick and Convenient:** The air fryer speeds up the cooking process, which is a lifesaver during rushed mornings.
- **Crispy Perfection:** You'll get a golden, crunchy tortilla without the need for unhealthy frying oils.
- **Even Cooking:** Unlike microwaves that result in soggy burritos, air fryers ensure your burrito is evenly cooked.
- **Customizable:** Whether you're craving classic eggs or want to experiment with healthier or more creative fillings, these burritos can be tailored to your tastes.

Ingredients You Need for Air Fryer Breakfast Burritos

To make your own air fryer breakfast burritos from scratch, you'll need the following essentials (*feel free to customize!*):

- Large flour tortillas
- Eggs (2-3 per burrito)
- Cooked bacon, sausage, or ham (optional for meat lovers)
- Shredded cheese (cheddar, mozzarella, or your favorite blend)
- Breakfast veggies (diced bell peppers, onions, or spinach)
- Salt, pepper, and any other seasonings of your choice

Optional extras include hot sauce, avocado slices, or salsa for serving.



Step-by-Step Recipe: Air Fryer Breakfast Burrito with Eggs

Ingredients

- 2 large tortillas
- 4 eggs, beaten
- ½ cup of cooked sausage (or bacon)
- ½ cup shredded cheese
- ½ cup diced bell peppers
- Salt & pepper to taste

Instructions

1. Scramble and Season Eggs

Heat a non-stick pan over medium heat. Cook the beaten eggs, season with salt and pepper, and gently scramble. Set aside.

2. Prepare Tortillas

Lay the tortillas flat and layer them with scrambled eggs, cooked sausage, shredded cheese, and diced veggies.

3. Wrap Your Burritos

Fold the sides of the tortilla inward and roll it tightly from one end to the other, ensuring the filling stays contained.

4. Preheat the Air Fryer

Set your air fryer to 375°F (190°C). Preheat for 3 minutes.

5. Air Fry to Perfection

Place the burritos seam-side down in the air fryer basket. Cook for 5-8 minutes, flipping them halfway through to ensure even crisping.

6. Serve and Enjoy



Once your burritos are golden brown and crispy, carefully remove them from the air fryer. Serve with sour cream, salsa, or your favorite condiments!

How to Cook a Frozen Breakfast Burrito in an Air Fryer

Cooking a frozen breakfast burrito in an air fryer is a quick and convenient way to enjoy a delicious meal. Follow these simple steps:

1. **Preheat the Air Fryer:** Set your air fryer to 375°F (190°C) and preheat it for about 3 minutes. Preheating ensures even cooking and optimal crispiness.
2. **Prepare the Burritos:** Take the frozen breakfast burritos out of the freezer. If they are individually wrapped, remove the foil or packaging.
3. **Place the Burritos in the Air Fryer:** Arrange the frozen burritos in a single layer in the air fryer basket. Make sure to leave some space between them for proper air circulation and even cooking.
4. **Cooking Time:** Cook the frozen breakfast burritos for 12-15 minutes, flipping them halfway through the cooking time. This ensures that both sides of the burrito are evenly heated and crisped.
5. **Check for Doneness:** After the cooking time, check the burritos for doneness. They should be golden brown and heated through. If needed, cook them for an additional few minutes until they reach your desired level of crispiness.
6. **Serve and Enjoy:** Carefully remove the cooked breakfast burritos from the air fryer. Serve them hot with your favorite toppings and condiments, such as sour cream, salsa, or guacamole.

Cooking frozen breakfast burritos in an air fryer not only saves time but also gives you that perfect crispy texture. Experiment with different fillings and enjoy a delicious and satisfying breakfast any time of the day!

Tips for Meal Prepping Air Fryer Breakfast Burritos

Preparing air fryer breakfast burritos in advance is a fantastic way to save time during busy mornings. Here are some tips to make the meal prepping process smooth and efficient:

1. **Batch Cook:** Dedicate some time to batch cook the fillings for your breakfast burritos. For example, cook a large batch of scrambled eggs, sautéed vegetables, and cooked meats like bacon or sausage. This way, you'll have all the components ready to assemble your burritos whenever you need them.



2. **Assembly Line Approach:** Set up an assembly line with all the ingredients you need to fill your burritos. This makes the process quick and organized. Lay out tortillas, add a scoop of scrambled eggs, followed by your desired fillings, and finish with a sprinkle of cheese.
3. **Wrap and Freeze:** Once your burritos are assembled, wrap them tightly in plastic wrap or aluminum foil. Label them with the date and any additional instructions, such as heating times. Place the wrapped burritos in a freezer-safe bag or container and store them in the freezer.
4. **Thawing and Air Frying:** When you're ready to enjoy a prepped breakfast burrito, simply thaw it in the refrigerator overnight. In the morning, preheat your air fryer and cook the thawed burrito until it reaches your desired level of crispiness.
5. **Portion Control:** Consider portioning your fillings and tortillas beforehand to ensure consistent serving sizes. This helps with portion control and allows you to grab a burrito easily for a quick and balanced breakfast.

By following these meal prepping tips, you can have a stash of delicious and ready-to-enjoy air fryer breakfast burritos that will make your mornings a breeze.

Healthy Variations of Air Fryer Breakfast Burritos

- **Keto-Friendly:** Use low-carb tortillas and fill them with scrambled eggs, cheese, and your favorite low-carb veggies like spinach or bell peppers.
- **Vegetarian:** Fill your burritos with scrambled tofu, black beans, sautéed vegetables, and a sprinkle of cheese.
- **Gluten-Free:** Opt for gluten-free tortillas and fill them with gluten-free ingredients like scrambled eggs, bacon, and avocado.

Get creative and customize your air fryer breakfast burritos with your favorite ingredients to suit your dietary preferences. Enjoy a hearty and satisfying breakfast that's quick and hassle-free!

Tips for Meal Prepping Air Fryer Breakfast Burritos

Meal prepping your air fryer breakfast burritos can save you time and ensure you have a delicious and convenient meal ready to go. Here are some steps to follow for successful meal prep:

1. **Plan Your Ingredients:** Decide on the fillings and toppings you want to include in



your breakfast burritos. Consider a variety of protein options, such as cooked bacon, sausage, or diced ham, along with vegetables like bell peppers, onions, and mushrooms.

2. **Cook and Prep Fillings:** Prepare and cook your chosen fillings in advance. Cook the bacon or sausage until crispy, sauté the vegetables until tender, and scramble the eggs with your desired seasonings.
3. **Assemble the Burritos:** Lay out your tortillas and portion out the fillings onto each one. Be mindful not to overstuff the burritos to ensure they can be rolled easily. Add cheese or other desired toppings.
4. **Wrap and Store:** Roll up each burrito tightly, tucking in the sides as you go. Wrap them individually in aluminum foil or parchment paper to keep them fresh. Place the wrapped burritos in a sealed container or freezer bag for storage.
5. **Freeze or Refrigerate:** If you plan to consume the burritos within a few days, store them in the refrigerator. For longer-term storage, place them in the freezer. Properly stored, they can last up to three months in the freezer.
6. **Reheat and Enjoy:** When you're ready to enjoy your air fryer breakfast burrito, remove the foil or parchment paper and reheat them in the air fryer until heated through and crispy on the outside. Alternatively, you can thaw them overnight in the refrigerator and reheat in a microwave or toaster oven for a quick breakfast on busy mornings.

By following these meal prep tips, you can have a batch of delicious air fryer breakfast burritos ready to enjoy whenever you need a convenient and satisfying meal.

Exploring Creative Air Fryer Breakfast Burrito Recipes

Get ready to take your breakfast burrito game to the next level with these creative and delicious recipes. With the help of your Ninja Air Fryer, you can easily whip up these mouthwatering breakfast delights. Here are three amazing recipes to try:

1. **Southwest Veggie Breakfast Burrito:** Start your day with a burst of flavors! Sauté onions, bell peppers, and black beans in a skillet until tender. Season with cumin, chili powder, and a pinch of salt. Fill a tortilla with the vegetable mixture, top with shredded cheese, and roll it up. Place the burrito in the air fryer and cook at 375°F for 5-8 minutes until the cheese is melted and the tortilla is crispy.
2. **Bacon, Egg, and Cheese Breakfast Burrito:** Indulge in the classic combination of bacon, egg, and cheese, all wrapped up in a warm tortilla. Cook bacon until crispy, then scramble eggs in the same pan. Place a tortilla on a flat surface and layer cooked



bacon, scrambled eggs, and shredded cheese in the center. Roll up the burrito tightly and place it in the air fryer. Cook at 375°F for 5-8 minutes until the cheese is melted and the burrito is golden brown.

3. **Greek-inspired Breakfast Burrito:** Add a Mediterranean twist to your morning routine! In a bowl, whisk together eggs, feta cheese, spinach, and diced tomatoes. Season with dried oregano, salt, and pepper. Pour the egg mixture into a tortilla, fold the sides, and roll it up. Transfer the burrito to the air fryer and cook at 375°F for 5-8 minutes until the eggs are cooked and the tortilla is crispy.

Feel free to get creative with your own fillings, sauces, and toppings to customize your air fryer breakfast burritos. The Ninja Air Fryer's precise temperature control and even cooking make it the perfect tool for achieving that crispy perfection. Enjoy your flavorful and satisfying breakfast creations!

Using the Ninja Air Fryer for Perfect Breakfast Burritos

Creating delicious and crispy breakfast burritos is made easy with the Ninja Air Fryer. Just follow these simple steps for a satisfying morning meal:

1. **Preheat:** Preheat your Ninja Air Fryer to 375°F (190°C) for a few minutes to ensure even cooking and a crispy texture.
2. **Prepare the Burrito:** Assemble your breakfast burrito with your favorite fillings, such as scrambled eggs, cheese, cooked bacon or sausage, and vegetables. Be creative and customize it to your taste!
3. **Wrap the Burrito:** Place the fillings in the center of a tortilla. Fold the sides over the filling and then roll it up tightly.
4. **Cooking Time:** Carefully transfer the prepared burrito into the air fryer basket. Cook the breakfast burrito at 375°F (190°C) for 5-8 minutes until the eggs are thoroughly cooked and the tortilla becomes crispy.
5. **Check for Doneness:** Keep an eye on the cooking process as cooking times may vary slightly based on your specific air fryer model. Adjust the cooking time as needed to achieve your desired level of crispiness.
6. **Serve and Enjoy:** Once cooked, remove the breakfast burrito from the air fryer basket, let it cool for a moment, and then serve it hot. Feel free to add your preferred sauces, toppings, or sides to enhance the flavor.

With the Ninja Air Fryer's precise temperature control and even cooking, you can count on achieving that perfect balance of crispy tortilla and flavorful fillings for a delightful



breakfast experience. Enjoy your tasty and satisfying air-fried breakfast burrito creation!

How Long to Cook a Breakfast Burrito in an Air Fryer

Cooking time may vary depending on the size and thickness of the breakfast burrito, as well as the specific model of your air fryer. However, here are some general steps to help you achieve the perfect cooking time:

1. **Preheat the Air Fryer:** Set your air fryer to preheat at around 350°F (175°C) for a few minutes.
2. **Place the Burrito:** Carefully place the breakfast burrito in the air fryer basket, ensuring it is not overcrowded.
3. **Set the Cooking Time:** Start with an initial cooking time of around 10 to 12 minutes.
4. **Flip and Rotate:** About halfway through the cooking time, carefully flip the burrito to ensure even browning. If necessary, rotate the position of the burrito in the basket for even cooking.
5. **Check for Doneness:** After the initial cooking time, check the burrito for doneness. The tortilla should be golden brown and crispy, and the filling should be heated through. If needed, continue cooking for an additional 1 to 2 minutes until desired crispness is achieved.
6. **Serve and Enjoy:** Once cooked, remove the breakfast burrito from the air fryer basket, let it cool for a moment, and then serve it hot. Feel free to add your preferred sauces, toppings, or sides to enhance the flavor.

Remember, these are general guidelines, and you may need to adjust the cooking time based on your specific preferences and air fryer model. It's always advisable to keep an eye on your burrito while it's cooking to prevent overcooking or burning. Enjoy the delicious crispy goodness of your air-fried breakfast burrito!

Air Fryer Breakfast Burrito vs. Traditional Cooking Methods

Factors	Air Fryer Breakfast Burrito	Traditional Cooking Methods
Cooking Time	Shorter cooking time due to the hot circulating air in the air fryer.	Longer cooking time, depending on the method used (e.g., stovetop, oven).
Texture	Crispy exterior and evenly cooked interior.	Texture may vary based on the cooking method used.



Health Benefits	Requires little to no oil for a healthier alternative.	The use of oil or butter may be required, impacting the overall healthiness.
Convenience	Convenient and time-saving with pre-set functions and automated cooking.	Requires more monitoring and manual control during cooking.
Cleanup	Easy cleanup with a removable air fryer basket and non-stick coating.	May involve more cleanup, especially if using multiple pans or utensils.
Versatility	Can be used for various other recipes beyond breakfast burritos.	Limited to specific cooking methods and recipes.

When considering the choice between an air fryer breakfast burrito and traditional cooking methods, each has its advantages and considerations. The air fryer offers a quicker cooking time, crispy texture with less oil, and convenient cleanup. On the other hand, traditional methods may provide more flexibility and control over cooking techniques and flavors. Ultimately, the choice depends on personal preference, time constraints, and desired outcomes.

Common Mistakes to Avoid When Making Air Fryer Burritos

1. Overstuffing the Burritos:

- One common mistake is overstuffing the burritos, which can lead to difficulty in properly sealing them and may cause them to burst open during cooking. Ensure you leave enough space to fold and seal the burritos without overfilling them.

2. Not Preheating the Air Fryer:

- Preheating the air fryer is essential to ensure even cooking and a crispy texture. Avoid the mistake of skipping this step, as it can result in undercooked or soggy burritos. Preheat the air fryer according to the manufacturer's instructions before placing the burritos inside.

3. Skipping the Oil or Using Too Much:

- While the air fryer requires less oil than traditional cooking methods, it's important to lightly brush or spray the burritos with oil before cooking to achieve a crispy exterior. However, using too much oil can lead to greasy results. Use a light hand when



applying oil to ensure a balanced and crispy finish.

4. Not Adjusting the Cooking Time for Different Fillings:

- Different fillings may require varying cooking times to ensure that both the filling and the tortilla are properly cooked. Take into account the thickness and density of the filling when determining the cooking time. Adjust the cooking time accordingly to avoid undercooked or overcooked burritos.

5. Not Checking for Even Browning:

- During the cooking process, it's essential to periodically check the burritos for even browning. Rotate or flip the burritos if necessary to ensure that all sides are evenly cooked and achieve a golden brown color.

By avoiding these common mistakes, you can ensure that your air fryer burritos turn out delicious, perfectly cooked, and enjoyable every time.

Can You Cook Air Fryer Burritos That Are Not Frozen?

Absolutely! Air fryers are versatile appliances that can cook both frozen and fresh burritos. If you have homemade or store-bought burritos that are not frozen, you can still achieve delicious results using an air fryer. Follow these steps to cook non-frozen burritos in your air fryer:

1. Preheat the air fryer: Set the temperature according to the recommended cooking instructions for your specific burritos.
2. Prepare the burritos: Place the non-frozen burritos on a plate and lightly brush them with oil for a crispy exterior, if desired.
3. Cook time and temperature: Refer to the cooking instructions provided with your burritos or start with a general guideline of 350°F (175°C) for about 10-12 minutes. Adjust the cooking time as needed, depending on the size and thickness of the burritos.
4. Air fry: Place the burritos in the air fryer basket, ensuring they are not overcrowded to allow for proper air circulation. Cook until the burritos are heated through and the desired level of crispiness is achieved.
5. Check for doneness: Carefully remove one burrito from the air fryer and check for even heating and a golden brown color. If needed, continue cooking the remaining burritos until they reach the desired doneness.
6. Serve and enjoy: Once cooked, let the burritos cool slightly before serving. Garnish



with your favorite toppings, such as salsa, guacamole, or sour cream, and savor the deliciousness of your non-frozen air fryer burritos.

Remember to adjust the cooking time accordingly for non-frozen burritos to ensure they are thoroughly heated and cooked to perfection. Enjoy!

Expert Tips for Perfectly Crispy and Delicious Air Fryer Burritos

1. **Preheat the Air Fryer:** To ensure even cooking and optimal crispiness, preheat your air fryer for a few minutes before placing the burritos inside.
2. **Brush with Oil:** Lightly brush the outer surface of the burritos with oil or cooking spray. This will help them achieve a golden brown and crispy texture.
3. **Avoid Overstuffing:** Be mindful of the fillings you choose and avoid overstuffing the burritos. Too many ingredients can lead to uneven cooking and difficulty in sealing the burritos properly.
4. **Seal the Edges:** Make sure to seal the edges of the burritos tightly to prevent any filling from leaking out during the cooking process. This will help maintain the shape and integrity of the burritos.
5. **Flip and Rotate:** Halfway through the cooking time, carefully flip the burritos over and rotate their positions in the air fryer basket. This will ensure that they cook evenly on all sides.
6. **Monitor Closely:** Keep a close eye on the cooking process, especially towards the end. Air fryers can vary in temperature and intensity, so adjust the cooking time if needed to achieve the desired level of crispiness.
7. **Let Them Rest:** Allow the cooked burritos to cool slightly before serving. This will help the fillings set and prevent any burns from hot fillings.

By following these expert tips, you'll be able to savor perfectly crispy and delicious air fryer burritos every time. Enjoy!

Start Your Morning Right!

Air fryer breakfast burritos are a game-changer for anyone who loves a hearty, satisfying breakfast with minimal fuss. Whether you're meal prepping for the week or whipping one up on the fly, these burritos guarantee flavor, convenience, and nutrition.

Why not give it a try today? Your air fryer (and taste buds) are waiting!



Conclusion

Air fryer breakfast burritos offer a delicious and convenient way to start your day on a satisfying note. With their crispy exterior and flavorful fillings, these burritos are a game-changer for breakfast enthusiasts everywhere. Whether you're a fan of classic combinations or enjoy experimenting with creative ingredients, the air fryer provides a quick and efficient cooking method that guarantees delicious results.

So why not give it a try and elevate your morning routine with these delectable treats? With the ultimate guide to air fryer breakfast burritos at your fingertips, you have all the recipes and tips you need to create mouthwatering burritos that will satisfy your taste buds and keep you fueled for the day ahead. Enjoy the convenience, flavor, and nutrition of air fryer breakfast burritos and make your mornings truly exceptional!

FAQs

Q: Can I prepare the burritos ahead of time and cook them in the air fryer later?

A: Absolutely! Air fryer breakfast burritos can be assembled in advance and stored in the refrigerator or freezer. When you're ready to enjoy them, simply place the pre-assembled burritos in the air fryer and follow the cooking instructions.

Q: Can I customize the fillings and ingredients in the burritos?

A: Absolutely! One of the great things about air fryer breakfast burritos is their versatility. Feel free to customize the fillings and ingredients to your liking. From adding extra vegetables to incorporating different types of cheese or protein, the possibilities are endless. Get creative and make it your own!

Q: How do I clean my air fryer after cooking the burritos?

A: Cleaning an air fryer is typically a breeze. Most air fryer baskets and trays are dishwasher-safe, making cleanup quick and easy. If your air fryer is not dishwasher-safe, simply remove the basket or tray and hand wash it with warm, soapy water. Be sure to refer to your specific air fryer's cleaning instructions for best practices.

Q: Can I reheat leftover burritos in the air fryer?

A: Absolutely! One of the perks of using an air fryer is that it excels at reheating food,



including breakfast burritos. Simply place the leftover burritos in the air fryer and heat them at a lower temperature for a few minutes until warmed through. Make sure to adjust the cooking time based on the size and thickness of the burritos.

Q: Can I make gluten-free or vegetarian/vegan air fryer breakfast burritos?

A: Yes! Air fryer breakfast burritos can easily be adapted to suit various dietary preferences and restrictions. For gluten-free options, you can use gluten-free tortillas or substitute with lettuce wraps. For vegetarian or vegan burritos, omit meat and dairy-based ingredients and replace them with plant-based alternatives like tofu, tempeh, or vegan cheese. Enjoy the freedom to customize your burritos to align with your dietary needs.