

Choco Fever Dream

Crispy Air Fryer Pizza Rolls

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 package refrigerated pizza dough (about 12 oz)
- [ ] 1 cup shredded mozzarella cheese
- [ ] ½ cup turkey ham, diced
- [ ] 2 tbsp grated Parmesan cheese
- [ ] 1 tsp Italian seasoning
- [ ] Olive oil spray

Optional Fillings

- [ ] ¼ cup diced bell pepper
- [ ] ¼ cup sliced black olives
- [ ] Fresh basil leaves, torn

Instructions

1. Pre-heat the air fryer to 380°F (193°C). While it warms, roll out the pizza dough on a lightly floured surface to about ¼-inch thickness.
2. Cut the dough into 3-inch squares, place a spoonful of mozzarella, a pinch of turkey ham, and any optional fillings in the center, then fold the corners toward the middle and pinch to seal.
3. Arrange the rolls in a single layer in the air-fryer basket. Lightly spray the tops with olive oil and sprinkle with Parmesan and Italian seasoning.
4. Cook for 8-10 minutes, turning halfway, until the rolls are golden brown and the cheese is fully melted.
5. Remove, let cool for a minute, then serve with warm marinara or your favorite dip.

Nutrition per serving

280 kcal	12 g	34 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter note, add a pinch of honey to the dough before baking.
- For a crispier crust, brush the tops with a little melted butter before the final two minutes.
- These rolls pair nicely with churro bites for a sweet-savory snack board.