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# Air-Fried Oranges May Become Your Favorite Way to Start the Day

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What do you kick your day off with every morning? Well, if you have an air fryer at home, there’s a citrus treat that’s about to give your breakfast staple a run for its money.

[Jen Jones](https://www.tiktok.com/%40thejenjones/video/7053136092702248197?is_copy_url=1&is_from_webapp=v1&lang=en), owner of [Nevéll Skin](https://www.nevellskin.com/), posted “your morning obsession” to her 552,000-plus TikTok followers and it may be one you’re surprised to see: air-fried oranges. While Jones’ coffee-infused skincare line is all about what the caffeinated bevvie can bring to your beauty routine, she wants to inject a little vitamin C into your most important meal of the day with these little slices of heaven.

These oranges are part of the 31-day plant-based challenge she began on January 1. They’re super easy to make and would be good as a quick snack any time of day.

Simply cut the fruit into thick slices and peel with a serrated knife (don’t forget to compost the [discarded peels](https://www.thekitchn.com/soften-brown-sugar-trick-orange-peel-23245339)).

After a drizzle of maple syrup and a dusting of cinnamon, Jones pops them into her [Ninja Air fryer](https://www.thekitchn.com/best-buy-small-kitchen-appliances-sale-december-2021-23273134) at 400°F for four minutes.

The result? Caramelized slices of pure morning sunshine.

To add a little more flavor and texture to the dish, she layers the orange slices with plant-based yogurt and granola before digging in. Whether you’re an orange-lover or not, these can be the perfect way to start your day.

This isn’t the first time this skincare maven has hit the air fryer for some tasty plant-based treats. Her recipe for an [air fryer banana split](https://www.thekitchn.com/plant-based-air-fryer-banana-split-recipe-23291001) has grown to be popular, too. If you’ve decided that you would prefer your oranges chilled in the morning, though, try this [creamy orange date smoothie](https://www.thekitchn.com/recipe-creamy-orange-date-smoothie-239262) to please your palate.