



Air Fryer Chickpeas

Savannah · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

Air fryer chickpeas with vibrant Tajin seasoning have a unique chili pepperlime flavor. We enjoy them as a snack, salad topper, or as an option for croutons on soup. A great way to add healthy fat and extra protein to your diet.

Ingredients

- 1 (15.5 ounce) can chickpeas
- drained and rinsed - $\frac{3}{4}$ tablespoon avocado oil - 2 teaspoons chili-lime seasoning (such as Tajin®) - $\frac{1}{4}$ teaspoon garlic powder - 1 pinch cayenne pepper
- or to taste - salt to taste

Instructions

1. Preheat air fryer to 400 degrees F (200 degrees C). Spray the air fryer basket with cooking spray or use a parchment liner. Place chickpeas on a paper towel-lined plate to dry
2. patting down with another paper towel on top. Add dried chickpeas to a medium bowl
3. drizzle with avocado oil
4. sprinkle with Tajin
5. garlic powder
6. and cayenne
7. and toss to coat. Transfer chickpeas to the air fryer basket
8. and cook
9. stirring or shaking halfway through
10. until you reach your desired crispness
11. 12 to 15 minutes. Cooking time may vary depending on the brand and size of your air fryer. Season with salt and allow chickpeas to cool slightly. lutzflcat Cook's Note: If you don't have avocado oil
12. use olive oil. Being sure the chickpeas are dry will help them crisp up and the seasoning to stick better. Store the cooled chickpeas in an airtight container at room temperature for up to a week. If they get soft
13. place them back in the air fryer for a couple minutes to crisp up.