

Crispy Air Fryer Chickpeas

Enjoy a crunchy and nutritious snack with these air-fried chickpeas. Perfectly seasoned and packed with protein, they make an excellent addition to your healthy eating routine.


25 min

Total time

easy

Difficulty

200

kcal / serving

Ingredients

- 1 can (15 oz) chickpeas, rinsed and drained
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Steps

- 1 Preheat your air fryer to 400°F (200°C).
- 2 Pat the chickpeas dry with a paper towel to remove excess moisture.
- 3 In a bowl, toss the chickpeas with olive oil, paprika, garlic powder, salt, and black pepper until evenly coated.
- 4 Place the seasoned chickpeas in the air fryer basket in a single layer.
- 5 Cook for 15-20 minutes, shaking the basket halfway through, until they are crispy and golden brown.
- 6 Remove from the air fryer and let cool slightly before serving.