



Crispy Air Fryer Pumpkin Seeds Recipe

Introduction

Air fryer pumpkin seeds are a delicious and healthy snack, perfect for enjoying during the fall season. Utilizing an air fryer makes the process quick and easy, allowing you to enjoy crispy and flavorful seeds in no time. This recipe from The Spruce Eats will guide you through the steps of transforming fresh pumpkin seeds into a delightful treat.

Detailed Ingredients with measures

1 cup fresh pumpkin seeds 2 tablespoons unsalted butter, melted 1

teaspoon salt 1/2 teaspoon garlic powder

Prep Time

15 minutes

Cook Time

10 to 15 minutes

Total Time

25 to 30 minutes

Yield

Makes approximately 1 cup of air-fried pumpkin seeds

Directions

1. Gather the ingredients.
2. Harvest the pumpkin seeds by carefully cutting a pumpkin in half and scraping out the insides with a fork.
3. Rinse the seeds using a fine-mesh strainer under warm water to remove any pulp and fibers.
4. Dry the seeds thoroughly by spreading them on a clean kitchen towel or paper towels.
5. Preheat the air fryer to 350°F (175°C).
6. In a bowl, combine the dried pumpkin seeds, melted butter,

salt, and garlic powder. Mix until the seeds are evenly coated. 7. Place the seasoned seeds in the air fryer basket in a single layer. 8. Air fry for 10 to 15 minutes, shaking the basket halfway through, until the seeds are golden brown and crispy. 9. Remove the seeds from the air fryer and let them cool before serving. Enjoy your crispy and flavorful air-fried pumpkin seeds!

Detailed Directions and Instructions

Step 1: Gather the ingredients

Ensure you have all the necessary ingredients for the recipe: fresh pumpkin seeds, unsalted butter, salt, and garlic powder.

See also Fresh Strawberry Muffins

Step 2: Harvest the pumpkin seeds

Carefully cut a pumpkin in half. Use a fork to scrape out the insides, ensuring you collect the seeds as you go.

Step 3: Rinse the seeds

Place the harvested seeds in a fine-mesh strainer. Rinse them under warm water to remove any remaining pulp and fibers attached to the seeds.

Step 4: Dry the seeds

Spread the rinsed seeds on a clean kitchen towel or paper towels. Pat them dry thoroughly to remove excess moisture.

Step 5: Preheat the air fryer

Set your air fryer to preheat at 350°F (175°C).

Step 6: Combine the ingredients

In a mixing bowl, combine the dried pumpkin seeds with the melted butter, salt, and garlic powder. Mix well until all the seeds are evenly coated.

Step 7: Prepare the air fryer basket

Place the seasoned pumpkin seeds into the air fryer basket in a single layer, ensuring they are not overcrowded.

Step 8: Air fry the seeds

Cook the seeds in the air fryer for 10 to 15 minutes. Shake the basket halfway through to ensure even cooking. The seeds should turn golden brown and crispy.

Step 9: Cool the seeds

Once done, remove the seeds from the air fryer and allow them to cool before serving.

Notes

Note 1: Storage

Store any leftover pumpkin seeds in an airtight container at room temperature for up to a week.

Note 2: Flavor Variations

Feel free to experiment with different seasonings, such as paprika, cayenne pepper, or cinnamon, to customize the flavor profile.

Note 3: Doneness

Check the seeds regularly towards the end of the cooking time, as air fryers can vary in cooking speed. Adjust time as needed for your preferred level of crispiness.

See also [Chicken and Potatoes Dijon Bake](#)

Cook techniques

Harvesting Pumpkin Seeds

Carefully cut a pumpkin in half and scrape out the insides with a fork to collect the seeds.

Rinsing the Seeds

Use a fine-mesh strainer under warm water to rinse the seeds, removing any pulp and fibers for a cleaner taste.

Drying the Seeds

Spread the rinsed seeds on a clean kitchen towel or paper towels to dry thoroughly before seasoning.

Preheating the Air Fryer

Ensure the air fryer is preheated to 350°F (175°C) for optimal cooking results.

Coating the Seeds

In a bowl, mix the dried pumpkin seeds with melted butter, salt, and garlic powder until they are evenly coated.

Air Frying the Seeds

Place the seasoned seeds in a single layer in the air fryer basket and set the timer for 10 to 15 minutes, shaking the basket halfway through for even cooking.

Cooling the Seeds

After air frying, remove the seeds and let them cool before serving to enhance crunchiness and flavor.

FAQ

Can I use seeds from canned pumpkin?

It is not recommended to use seeds from canned pumpkin, as they are typically cooked and will not yield the same crunchy texture.

How can I customize the seasoning for pumpkin seeds?

Feel free to experiment with different spices and seasonings, such as paprika, cayenne pepper, or onion powder, to suit your taste preferences.

What is the best way to store leftover pumpkin seeds?

Store any leftover pumpkin seeds in an airtight container at room temperature for up to a week, or refrigerate them for longer freshness.

Can I make pumpkin seeds without butter?

Yes, you can substitute olive oil or other oil varieties for butter, or simply season the seeds with spices without any oil for a lighter version.

See also Bacon Cranberry Walnut Dip

How do I know when the pumpkin seeds are done cooking?

The seeds are done when they are golden brown and crispy. Keep an eye on them during the last few minutes to prevent burning.

Conclusion

Enjoying air-fried pumpkin seeds is a delicious way to utilize fresh pumpkin during the fall season. The combination of garlic and butter gives them a savory flavor, while the air-frying method ensures they turn out crispy and satisfying. This tasty snack is perfect for enjoying on its own or as a topping for salads and soups.

More recipes suggestions and combination

Spicy Roasted Pumpkin Seeds

Add a teaspoon of cayenne pepper or chili powder to the seasoning mix for a spicy kick.

Cinnamon Sugar Pumpkin Seeds

Replace the garlic powder with cinnamon and add a tablespoon of sugar for a sweet treat.

BBQ Flavored Pumpkin Seeds

Use your favorite barbecue seasoning blend instead of salt and garlic powder for a tangy, smoky flavor.

Herb and Parmesan Pumpkin Seeds

Incorporate dried herbs like rosemary, thyme, and grated parmesan

cheese for a savory twist.

Lemon Zest and Dill Pumpkin Seeds

Mix in some lemon zest and dried dill for a fresh, zesty flavor profile that's perfect for snacking.

Pin it



Crispy Air Fryer Pumpkin Seeds Recipe

