



Air Fryer Pumpkin Seeds



Ingredients:

- 1 large pumpkin (10 to 15 pounds)
- 1 tsp olive oil
- ¼ tsp ground chipotle pepper
- ¼ tsp kosher salt, plus more as needed
- ⅛ tsp cayenne pepper

Method:

1. Cut the top off a large pumpkin and scoop out the seeds. Rinse in a colander under running water to separate from the pulp. Lay the seeds out on paper towels and pat dry. Let sit for 30 minutes to remove any excess moisture. You should have about 1 cup pumpkin seeds.
2. Heat the air fryer to 350°F. Transfer the dried pumpkin seeds to a medium bowl. Add 1 tsp olive oil, ¼ tsp ground chipotle pepper, ¼ tsp kosher salt, and ⅛ tsp cayenne pepper. Toss to combine.
3. Spread the seeds evenly in the basket of the air fryer. Cook, shaking the basket halfway through cooking, until the seeds are golden and crispy, 10 to 15 minutes total. Transfer to a bowl and let cool. Taste and season with more salt as needed.

Note: If your pumpkin yields more than 1-cup seeds, adjust the oil and seasonings as necessary. If you are making a larger quantity of pumpkin seeds, they will likely need to be cooked in batches for even roasting.