Air Fryer Pumpkin Seeds are cooked and seasoned fresh pumpkin seeds in an air fryer for a quick and easy Fall snack in minutes.

Prep Time 5 minutes mins
Cook Time 15 minutes mins
Additional Cooking Time 3 minutes mins
Total Time 23 minutes mins
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Ingredients

- 1 cup Pumpkin seeds
- 1 1/2 tsp Butter or olive oil
- 1/4 tsp Garlic powder
- 1/4 tsp Salt
- 1/8 tsp Black Pepper

Instructions

- 1. Clean the Pumpkin Remove the top of the pumpkin using a sharp knife and by cutting a circle around the stem. Use a spoon to scrape the pulp and seeds from the inside of the pumpkin. Add the pulp and seeds into a bowl of water.
- 2. Clean the Seeds Separate the pulp from the seeds and use a colander to rinse the seeds with cold water.
- 3. Start out by making sure that the pumpkin seeds are completely dry.
- 4. Transfer the dried pumpkin seeds to a bowl. Add melted butter along with the seasoning. Mix well until all the seeds are completly coated.

- 5. Spread the seeds in the fryer basket evenly. Cook at 360F for 10-15 minutes. Shake the basket to move the seeds around half way through for even roasting.
- 6. After the seeds are done, check whether the seeds are crisp to your liking. If not, air fry them for additional 3-5 minutes.
- 7. Let them cool, adjust the seasoning to your taste and enjoy the snack.

Nutrition

Calories: 415kcal | Carbohydrates: 8g | Protein: 20g | Fat: 37g | Saturated Fat: 9g | Polyunsaturated Fat: 14g | Monounsaturated Fat: 12g | Trans

Fat: 0.3g | Cholesterol: 16mg | Sodium: 635mg | Potassium: 532mg | Fiber: 4g | Sugar: 1g | Vi

tamin A: 199IU | Vitamin C: 1mg | Calcium: 33mg | Iron: 6mg