

air fryer roasted chickpeas

MAKES 3 servings

RECIPE ADAPTED FROM: [Live Eat Learn](#)

PREP TIME: 5 minutes

COOK TIME: 10 minutes

1 14 oz can chickpeas

1 Tbsp olive oil

½ tsp salt



DRAIN and pat chickpeas dry with a paper towel.

TOSS together with oil and salt (or your chosen seasoning).

SPREAD in a single layer in your air fryer basket or rack.

COOK at 390°F for 8 to 10 minutes or until crispy and lightly browned.