

## Baked Popcorn Okra Bites - Crispy, Spiced, and Totally Addictive

Baked Popcorn Okra Bites - A Crispy, Flavor-Packed Snack You'll Crave



**OVEN**  
**425°F**

**TIME**  
**23 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

1-2 cups chopped okra (fresh, bite-sized pieces)  
1/3 cup chickpea flour  
1/2 cup water  
1/4 tsp garlic powder  
1/4 tsp salt  
1 tsp oil  
For the breading:  
1 cup breadcrumbs  
1 tbsp nutritional yeast  
1/2 tsp chipotle pepper powder  
1/4 tsp ground cumin  
1/2 tsp paprika  
1/4 tsp turmeric  
1/2 tsp garlic powder  
1/4 tsp onion powder  
1/2 tsp oregano  
1/2 tsp salt

### DIRECTIONS

1. Step 1: Prep the Okra: Chop fresh okra into bite-sized pieces. Discard the tops.
2. Step 2: Make the Batter: In a medium bowl, whisk together chickpea flour, water, garlic powder, and salt.
3. Aim for a buttermilk-like consistency-add more water or flour as needed.
4. Step 3: Mix the Breading: In another bowl, combine all breading ingredients: breadcrumbs, nutritional yeast, and spices.
5. Stir well to distribute evenly.
6. Step 4: Coat the Okra: Preheat oven to 425°F (220°C). Line a baking sheet with parchment.
7. Dip okra into the batter, letting excess drip off, then roll in the breading until fully coated.
8. Place on the baking sheet, spaced apart for airflow.
9. Step 5: Bake: Optional: Lightly spray the tops with oil for extra crisp.
10. Bake for 20-23 minutes, flipping halfway through, until golden brown and crispy.
11. Step 6: Serve: Serve warm with ketchup, chutney, sriracha mayo, or toss into bowls or wraps for crunch.

### SWAPS & NOTES

If using frozen, thaw and pat dry to prevent sogginess.  
Chickpea Flour : Also called besan or gram flour.

Sub with all-purpose or rice flour if needed.

Breadcrumbs : Use panko for extra crunch or gluten-free breadcrumbs to keep it allergy-friendly.

