

Sweet & Crunchy Chickpeas

5 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
2. Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
3. Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
4. Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
5. Remove from oven. Enjoy hot or cold!

Ingredients

- 2 cups** Chickpeas (cooked, drained and rinsed)
- 1 tbsp** Extra Virgin Olive Oil
- 1 1/2 tbsps** Maple Syrup
- 1 tsp** Nutmeg
- 1 tsp** Cinnamon

Savoury Roasted Chickpeas

5 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
3. Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
4. Let cool before storing in an airtight container in the fridge.

Notes

Leftovers

They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

Make Them Crispy

Bake for longer if you like them really crispy.

Ingredients

- 6 cups** Chickpeas (canned, or cooked and drained)
- 2 tbsps** Extra Virgin Olive Oil
- 2 tbsps** Poultry Seasoning
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper