

Moroccan Spiced Chickpeas

RECIPE ADAPTED FROM THE FOOD NETWORK

- 1 TIN CHICKPEAS
- 1/2 TEASPOON GROUND CUMIN
- 1/2 TEASPOON MAPLE SYRUP
- 1/4 TEASPOON CAYENNE PEPPER (OPTIONAL)
- 1/4 TEASPOON GROUND CINNAMON
- 1/4 TEASPOON GARLIC POWDER
- 1/4 TEASPOON GROUND GINGER
- 1/4 TEASPOON PAPRIKA
- 1/4 TEASPOON SALT

- PREHEAT OVEN TO 200 DEGREES. LINE A BAKING TRAY WITH BAKING PAPER.

- DRAIN CHICKPEAS AND PAT DRY.

- PLACE CHICKPEAS ON THE TRAY AND DRIZZLE WITH OLIVE OIL.

- PLACE IN THE OVEN AND ROAST FOR 40-45 MINUTES, TOSSING EVERY 15 MINUTES. REMOVE WHEN THEY ARE DRY AND CRUNCHY.

- WHILE THE CHICKPEAS ARE ROASTING PREPARE THE SPICE MIX. ONCE THE CHICKPEAS ARE REMOVED FROM THE OVEN TOSS THROUGH THE SPICE MIXTURE.

NOTES

- CHICKPEASE CAN BE STORED IN AN AIRTIGHT CONTAINER.
- CONSUME AS A SNACK OR SPRINKLE ON TOP OF SALADS AND DISHES.

NUTRITION INFORMATION

THERE ARE PLENTY OF BEAN AND NUT MIXES AVAILABLE IN THE SUPERMARKET. WHEN SELECTING WHICH IS THE BEST OPTION FOR YOU MAKE SURE YOU FOLLOW THE STEPS LISTED.

- CHECK THE INGREDIENTS AND THEIR ORDER.
- BEANS AND NUT MIXES CAN QUITE OFTEN BE QUITE HIGH IN SUGAR AND SODIUM. TRY TO SELECT AN OPTION THAT HAS NO FLAVOURING OR IS LIGHTLY SALTED.

