

Crispy chickpea snack



Try these nutrient dense legumes for a healthy alternative to snacking on chips or salted nuts.

 Serves: 6

 Prep times: 5 mins

 Cook times: 10 mins

 Difficulty: Easy

Ingredients

- 400g can chickpeas, drained & rinsed
- 1 tsp Cajun seasoning
- Olive oil spray

Method

1. Place drained chickpeas onto paper towel and pat dry.
2. Spoon chickpeas onto a baking tray and toss in the oil.
3. Bake in a preheated oven at 220°C for 10 minutes. Remove from oven and sprinkle lightly with Cajun seasoning.

Nutrition information

- Energy: 409kJ
- Protein: 4.2g
- Total fat: 4.5g
- Saturated fat: 0.3g
- Carbohydrate: 10.2g
- Fibre: 3.2g