

Be sugar smart Roasted chickpeas are tasty and healthy.

Recipe

- 2 x 15 oz cans of cooked chickpeas
- 1 – 2 tbsp olive oil
- ½ tsp salt



Plus one of the following dried spices or citrus combos:

2 tsp smoked paprika / 1 tsp cumin
2 tsp sugar / 1 tsp cinnamon
2 tsp turmeric / 1 tsp ginger
1 lime (juice and zest) / 2 tsp cracked black pepper

1. Preheat the oven to 400 degrees F. Drain the can, rinse, and pat dry chickpeas. Remove any loose chickpea skins that come off when drying.
2. On a baking sheet lined with aluminium foil, spread chickpeas in a single layer, then coat with olive oil and salt. Roast for 30 minutes, shaking the sheet in 10 minute intervals.
3. After roasting for 30 minutes, remove from the oven and coat the chickpeas with seasoning. Place back in the oven for 10 minutes or until crispy. Enjoy!

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Serving Sussex
www.sussex.police.uk

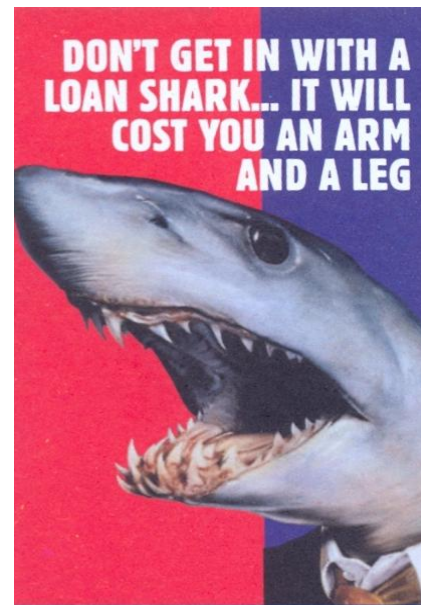
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