



PERFORMANCE RECIPE

Roasted Chickpeas



Vegan



Dairy-free



Gluten-free



20 min cook



Batch prep meal



Combination food
(carbs + protein)

Makes 3-4 Servings (~ 1/2 cup per serving)



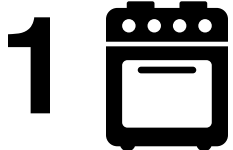
INGREDIENTS

- 1 (540 ml) can chickpeas, rinsed, drained & dried
- 1-2 tbsp oil
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp sea salt



Pair with other carbohydrates (e.g. fruits and grains) for quicker energy, or pair with protein (e.g. milk & alt. and meat & alt.) for more sustained energy

INSTRUCTIONS



Preheat oven to 400F. Line a rimmed baking sheet with parchment paper.



In a large bowl, toss the chickpeas with the oil and spices. Mix until evenly coated.



Spread the chickpeas in a single layer on the baking sheet and roast for 10 min. Shake and roast for another 10-15 min, or until crispy.



Allow to cool. Store in an airtight container at room temperature for up to 5 days.

Commitment

Synergy

Integrity

Openness