



# Roasted Chickpeas

## Made Four Ways



Our Canola Oil contains 7% saturated fat and holds an endorsement from the Heart and Stroke Foundation of South Africa.

Here's why this is an ingredient for better living:



### Ingredients:

- + 2 tins of chickpeas, rinsed and drained
- + 2 tablespoons B-well Canola Oil
- + B-well Canola Cooking Spray

### Instructions:

1. Preheat the oven to 180°C.
2. Rinse and drain the chickpeas, then place them in a bowl. Use a dry towel or kitchen roll to soak up any excess moisture.

3. Drizzle the canola oil over the chickpeas.
4. Spread the oiled chickpeas on a baking sheet coated with cooking spray.
5. Roast the chickpeas in the oven for 45 minutes or until they're crispy all the way through.
6. Once done, toss them with your chosen seasoning.

### Seasoning Options:

1. Sesame and Soy Roasted Chickpeas: 1 teaspoon of sesame oil + 1 teaspoon of garlic powder + ½ teaspoon of salt + 1 tablespoon of sesame seeds.
2. Cinnamon Honey Roasted Chickpeas: 1 teaspoon of cinnamon + ½ teaspoon of salt + 2 tablespoons of honey.
3. Garlic Parmesan Roasted Chickpeas: 2 tablespoons of grated parmesan cheese + 1 teaspoon of minced garlic + cracked pepper + ¼ teaspoon of salt.
4. Smoky Spicy Roasted Chickpeas: ½ teaspoon of chili powder + ½ teaspoon of smoked paprika + ½ teaspoon of cumin + cracked pepper + ½ teaspoon of salt.

An air fryer is a very useful kitchen gadget, perfect for quickly roasting chickpeas in half the time.

Add the roasted chickpeas to fresh summer salads for that extra crunch.

