

# Air Fryer Crispy Chickpeas

FOR HEALTHIER BALANCE

This recipe could be used as a healthier alternative as a snack to crisps as it contains more protein and fibre and less salt. It could also be a good addition on the top of a salad or a snack on the go.



4 SERVINGS



## INGREDIENTS

- 400g **chickpeas**
- 1 tablespoon **olive oil**
- 1 tablespoon **garlic granules**
- 1/4 teaspoon **salt**
- 1 tablespoon **nutritional yeast**
- **Pepper** to taste

**Heads up:** Nutritional yeast is available in supermarkets. Usually near the spices and seasoning, in home baking or near the vegan/vegetarian section.



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*All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into a healthy, balanced diet during and after cancer treatment. However, it is essential to consult with your medical team for personalised advice tailored to your specific treatment pathway.*

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## METHOD

- 1)Pre-heat the air fryer to 200 °C
- 2)Drain and rinse chickpeas well
- 3)Put chickpeas in a bowl and add oil, seasoning and nutritional yeast
- 4)Line the rack or compartment of the air fryer with tin foil
- 5)Place chickpeas in and set a timer for 7 minutes
- 6)After 7 minutes shake the chickpeas and return to air fryer for another 4 minutes until crispy.
- 7)Serve on its own as a snack or on top of a salad

## NUTRITIONAL INFORMATION PER PORTION WITH GRANOLA WITH APPLE

**ENERGY: 110** KCAL

**FATS: 5g**

**PROTEIN: 5.1g**

**CARBOHYDRATES: 14.6g** OF WHICH SUGAR 0.2g

**FIBRE: 4.6g**

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