

TASTE WITHOUT WASTE

Cinnamon and Maple Roasted Chickpeas

Makes about 1 cup of chickpeas

Ingredients

400g can chickpeas, drained well and rinsed

1 tbsp maple syrup

1 tsp sugar

½ tsp ground cinnamon

Good grind sea salt

Method

Preheat the oven to 200C. Line a baking tray with baking paper.

Spread the chickpeas out over a clean tea towel and gently rub dry. Discard any skins that are rubbed off.

In a medium sized bowl whisk together the maple syrup, sugar, cinnamon and salt. Add the chickpeas and stir until well coated.

Tip onto the baking tray and spread out to an even layer, the less the chickpeas touch the better.

Bake for 15 minutes, giving the pan a shake every five minutes or so. Lower the temperature to 160C and cook for a further ten minutes or until a deep golden brown. Shake the chickpeas onto a large clean plate or tray, spread out and leave to cool/dry out completely.

Best eaten within two days of baking. Store in a sealed jar or airtight container.

Source: A Taste Without Waste original.

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