



# roasted chickpeas

*Make snacks that your child loves, and you feel good about giving.*

1. Drain and rinse 1 can garbanzo beans. Toss beans with 1 tablespoon olive oil.
2. Spread on a metal baking sheet and roast in 425° oven for 30 minutes. Shake the pan a few times while baking.

*Sprinkle with one of these flavors:*

- cinnamon sugar
- chili powder
- grated parmesan cheese and garlic powder



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