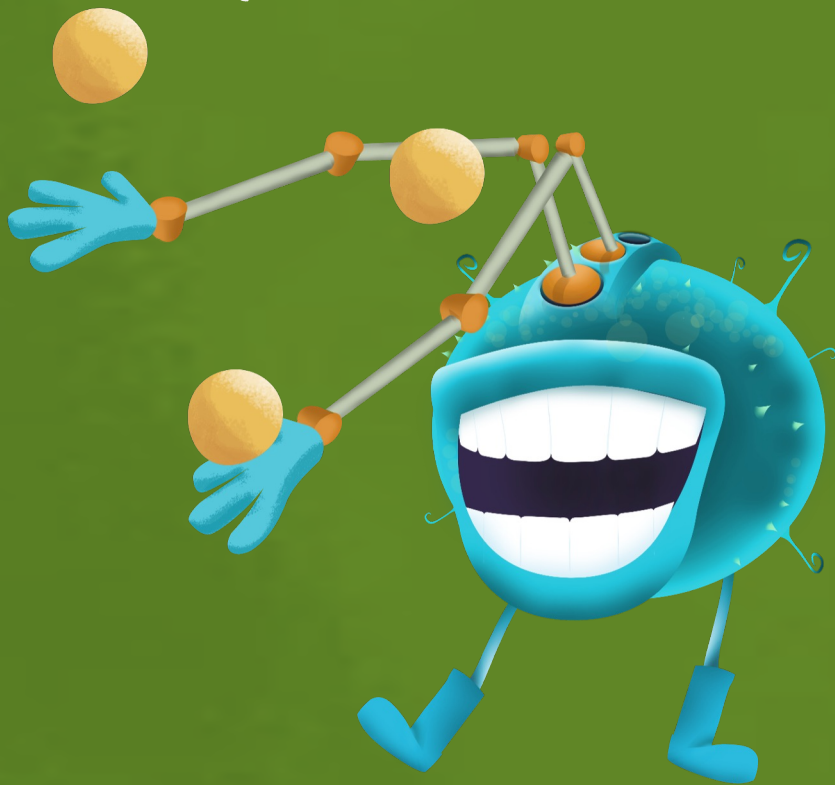


Snack

CHOMPY BUG'S CRUNCHY MUNCHY CHICKPEAS



When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



Chickpeas = Juggling Balls
for Chompy!

Ingredients

- 1 x 400g tin chickpeas, (drained and rinsed)
- 1 tbsp olive oil
- 1 tbsp smoked paprika

Method

1. Drain and rinse the chickpeas thoroughly then pat them dry with paper towel.
2. In a bowl, drizzle the chickpeas with olive oil and sprinkle over the smoked paprika. Toss everything together well to ensure the chickpeas are evenly coated.
3. Spread the chickpeas out in a single layer on a large baking tray lined with baking paper and roast in the preheated oven 180 degrees for about 30-40 minutes, shaking the tray occasionally to ensure even crisping.
4. Once cooked, remove the tray from the oven and leave the chickpeas to cool completely.

Serves 2
50 mins to prepare
and cook.
173 calories/serving
Vegetarian

Each portion has
9.4g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 9.4g
Protein 10g
Carbohydrates 20g

Tip: Try different seasoning like salt and pepper or rosemary and parmesan