

Maple-Roasted Chickpea Trail Mix



FOODSERVICE



SERVING SIZE: 12

Ingredients

- 1 1/2 cups **Furmano's Chick Peas (Garbanzo Beans)**, Drained & Rinsed
- 1/4 cup Pure Maple Syrup
- 1 1/3 tablespoons coconut oil, melted
- 1/2 teaspoon Ground Cinnamon
- 1/2 teaspoon Sea Salt
- 1/8 teaspoon Cayenne Pepper
- 1/2 cup walnuts
- 1/2 cup Dried Cherries
- 1/2 cup Dark Chocolate Chips
- 1 teaspoon orange zest

In This Recipe



Chick Peas (Garbanzo Beans) - 15.5 oz.



Pouch Extra Fancy Chick Peas (Garbanzo)

Preparation

1. Preheat oven to 400°F.
2. Pat chick peas well with paper towel.
3. Arrange chickpeas in single layer on parchment paper-lined baking sheet.
4. Bake for 30 to 35 minutes or until dried and crispy. Reduce oven heat to 325°F.
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6. Add walnuts to chickpeas on baking sheet. Drizzle with maple syrup mixture; stir to coat.
7. Bake, stirring every 5 minutes, for 15 to 20 minutes or until chickpeas are crunchy and walnuts are toasted. Let cool completely.
8. Stir in cherries, chocolate chips and orange zest.
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10. TIP: Substitute walnuts with almonds, pecans or cashews if preferred. Substitute dried cherries with dried cranberries or chopped dates. Store remaining in airtight container for up to 1 week.

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