

SWEETLY SPICED ROASTED CHICKPEAS

INGREDIENTS

Makes 6 servings.

Ready in 20 minutes

- 1 tin of chickpeas, organic if possible. Or 250g spouted dried chickpeas. *
- 1-2 tsp maple syrup
- 1 tbsp coconut oil
- 1/2 tsp of your favourite sweet spice, I used cinnamon
- 1/2 tsp good quality vanilla extract
- Handful of pumpkin seeds (optional)

* if you would like to know more about sprouting please get in touch

METHOD

1. Turn the oven to 180 / 160 fan and put in a large baking tray, with the coconut oil in it.
2. Drain & rinse the chickpeas if using tinned.
3. Mix the spices, syrup & vanilla.
4. Take the tray out the oven, chuck in the chickpeas then pour over the spice mix. Stir really well, then roast for 7 minutes.
5. Take out, stir well, add the pumpkin seeds if using, then roast again for about another 7 minutes but this does depend on how crunchy you like them. They will crisp up even more on cooking.

Store in an airtight tin for 3–4 days, in the fridge is probably best though they might not keep their crunch so well. They can be frozen too.

GLUTEN
FREE

VEGAN

LOW
SUGAR



www.blossomhealthcoaching.co.uk

cathy@blossomhealthcoaching.co.uk

07972 374150



HEALTH BENEFITS

Chickpeas (a type of legume) help you feel full up & satisfied. They are full of fibre, slowly absorbed into the blood stream, so help to balance blood sugar levels. They are thought to aid digestion & help lower cholesterol. Many studies have found that the higher the level of legumes eaten, the healthier people are likely to be, & so the longer they are likely to live.

Cinnamon historically was used for insomnia, menstrual cramps, & nausea. It is probably best known now for stabilising blood sugar levels, great for helping to prevent Type 2 Diabetes & for weight management.

Coconut oil is high in saturated fats, but thought to be better than animal fats, a controversial area at the moment. Found to help with weight control by burning off fat in the body, & provides the brain with a quick source of energy. Research indicates it can help raise the good cholesterol.



www.blossomhealthcoaching.co.uk

cathy@blossomhealthcoaching.co.uk

07972 374150