

Roasted Chickpea Snack Mix



FOODSERVICE

SERVING SIZE: 8

Ingredients

- 3/4 cup **Furmano's Chick Peas (Garbanzo Beans)** , Drained & Rinsed
- 2 tablespoons Dried Cherries
- 2 tablespoons Sliced Almonds
- 1/2 cup Cashews
- 2 tablespoons Dried Blueberries
- 2 tablespoons Dried Cranberries
- 1/4 cup Olive Oil
- 1/2 teaspoon Cayenne Pepper
- 2 tablespoons Grade B Maple Syrup
- 1 tablespoon Salt

In This Recipe



Chick Peas (Garbanzo Beans) - 15.5 oz.



Organic Chick Peas (Garbanzo Beans)

Preparation

1. Preheat oven to 400F
2. In a medium sized mixing bowl combine all ingredients and toss to combine. Place on a parchment lined sheet tray.
3. Bake for twenty minutes and let cool and then ready to snack on.

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