

SAVORY SNACK RECIPES

toasted chickpeas

Ingredients // makes 2 cups // from thekitchn.com

2 15-ounce cans chickpeas

2 tablespoons olive oil

½ to ¾ teaspoon salt

2 to 4 teaspoons spices or finely chopped fresh herbs, (e.g. chili powder, curry powder, garam masala, cumin, smoked paprika, rosemary, thyme)

Instructions

1. Heat the oven to 400°F: Place an oven rack in the middle of the oven.
2. Rinse and drain the chickpeas.
3. Dry the chickpeas with a clean dishtowel or paper towels. They should feel dry to the touch.
4. Toss the chickpeas with olive oil and salt.
5. Roast the chickpeas in the oven for 20 to 30 minutes: Stir the chickpeas or shake the pan every 10 minutes. A few chickpeas may pop – that's normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle.
6. Toss the chickpeas with the spices.

sweet potato hummus

Ingredients // makes 4 cups // from marthastewart.com

1 pound sweet potatoes, peeled and cut into 1-inch pieces

1 can (19.5 ounces) chickpeas, drained and rinsed

1/4 cup fresh lemon juice (from 1 lemon)

1/4 cup tahini (you can use a nut butter as an alternative, or even leave it out)

2 tablespoons olive oil

2 teaspoons ground cumin

1 garlic clove, chopped

Coarse salt and ground pepper

Instructions

1. Set a steamer basket in a large pot. Fill with enough water to come just below basket; bring to a boil. Add sweet potatoes; reduce to a simmer, cover, and cook until tender, 10 to 12 minutes.
2. Combine steamed sweet potatoes, chickpeas, lemon juice, tahini, oil, cumin, and garlic in the food processor. Puree, about 1 minute; thin with water if necessary. Season with salt and pepper and let cool; refrigerate, in an airtight container, up to 1 week. Serve with pita and veggies.

SWEET SNACK RECIPES

energy bites

Ingredients // makes 3 dozen // from gimmesomeoven.com

chocolate chips

toasted coconut

vanilla extract

peanut butter

old fashioned oats

honey (or agave nectar)

freshly ground flax seed (optional)

Instructions

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, roll into balls of whatever size you would like. (Mine were about 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.