



a better world begins on your plate

plant-based
eating ANIMAL PROTECTION
OF NEW MEXICO

Pumpkin Spice Roasted Chickpeas



Roasted chickpeas make an amazing snack as they are crunchy, flavorful, and quite nutritious. The fact that they are so easy to prepare only sweetens the deal.

This recipe adds a pumpkin twist to this snack—a must try for pumpkin spice enthusiasts.

1 can Chickpeas
½ cup Pumpkin Puree
3 Tbs Maple Syrup
2 tsp Pumpkin Pie Spice

1. Drain and rinse chickpeas.
2. In a medium bowl, combine the pumpkin puree, maple syrup, and pumpkin spice. Mix well. Add chickpeas and mix well until chickpeas are well coated.
3. Spread the chickpeas onto a lined baking sheet.
4. Bake at 350° for 1 hour, mixing chickpeas around every 15 minutes.
5. Allow to cool before enjoying. Store chickpeas in airtight container.

Adapted from: <https://mywholefoodlife.com/2015/09/27/pumpkin-spice-roasted-chickpeas/>