



Garbanzo Crunchies

Prep Time: 10 minutes

Cook Time: 30 minutes

Cost per serving: \$0.07

What you need:

Utensils:

- Knife & cutting board
- Plastic sandwich bag or mixing bowl
- Small bowl
- Spoon

Ingredients:

- 1 can (15 ounces) cooked garbanzo beans, well drained
- 1 tablespoon olive oil
- paprika or chili powder to taste

What to do:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 350°F.
3. Toss garbanzo beans with olive oil.
4. Spread on a baking sheet.
5. Sprinkle paprika or chili powder over beans.
6. Bake 30 minutes or until golden.
7. Eat warm or at room temperature.



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Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 8

Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 8%
Fat 9 • Carbohydrate	