



Completely Fit Crunchy Snack Guide

Roasted Chickpeas



Drain and rinse 1 can of chickpeas (garbanzo beans)

01
STEP



Spread peas evenly on a towel or paper towel to dry approx. 30 mins.

02
STEP



Spread dried peas on a cookie sheet or an air-fryer basket and spray with oil.

03
STEP



Bake at 400 until crunchy and browned jiggle/turn occasionally
Oven/Toaster Oven 40-60 mins.
Air-fryer 10-20 mins.

04
STEP



Toss them in your choice of seasonings and enjoy!
For sensational flavor ideas check our Completely Fit Flavorful Spice Recipes

05
STEP



Completely Fit Flavorful Spice Recipes

Sweet & Spicy

- 1/4 tsp cayenne pepper
- 1/2 tsp garlic salt
- 1/2 T truvia

Garlic

- 1 tsp garlic powder
- 1/8 tsp cracked black pepper
- 1/4 tsp sea salt

Sesame Seed

- 1/2 tsp sesame oil
- 1/2 garlic powder
- 1/4 tsp sea salt
- 1/2 T Sesame Seeds

Chili Lime

- 1 1/2 tsp chili powder
- 1 1/2 tsp grated lime rind
- 1/4 tsp sea salt

BBQ

- 1 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp salt
- 1 1/2 tsp Truvia

Garlic Parmesan

- 1/4 C grated Parmesan cheese
- 1/4 tsp sea salt
- 1/2 tsp garlic powder
- 1/2 tsp pepper

Sweet Cinnamon

- 1/2 tsp ground cinnamon
- 1/2 T Truvia

Spicy

- 1/2 tsp ground cinnamon
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper
- 1/4 tsp sea salt

Ranch

- 1/4 tsp ground black pepper
- 1 1/2 tsp parsley flakes
- 1/2 tsp garlic powder
- 1/4 tsp sea salt
- 1/2 tsp onion powder
- 1/4 tsp dill weed

Harissa

- 1/2 tsp ground cumin powder
- 1/2 tsp ground powder
- 1/2 tsp ground caraway powder
- 1/2 tsp ground fennel
- 1 T ground dried chili powder
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp sea salt
- 1/8 tsp ground black pepper
- 1/8 tsp dried mint leaves
- 1/8 tsp ground cinnamon
- 1/8 tsp ground ginger
- 1/4 tsp cayenne pepper