

MAPLE JEOW BONG ROASTED CHICKPEAS

RECIPE



- 3 cups of Sprouted Chickpeas, (start with 1 1/2 cups dried) or 2 15oz cans of Chickpeas, drained and rinsed
- 2 tbsp Olive Oil
- 2 tbsp Jeow Bong
- 2 tbsp Maple Syrup

Pre-heat your oven to 400 F

Pat the chickpeas dry with a tea towel. It is best to let them air dry for about 10 minutes, but this step is not crucial.

Mix the maple syrup and Jeow Bong. Set aside.

In a bowl, toss the chickpeas with olive oil. Spread in a single layer on a cookie sheet and put in the oven.

Shake the pan after 10 minutes, and every 5 minutes thereafter, roasting the chickpeas for about 20 minutes.

Put the chickpeas back in the bowl and pour the Maple-Jeow Bong mixture on top. Toss to evenly coat the chickpeas.

Spread the chickpeas on the cookie sheet again and return to the oven for another 5 - 10 minutes.

Serve warm for a crispy snack, or let cool to room temperature for a more chewy snack.

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