



Growing connections to fresh food.

Garbanzo Snack Bites

Inspired by Ballard Food Banks's "Roasted Bean Nuts"
For more recipes: ballardfoodbank.org

Ingredients:

- 1 15 oz. can garbanzo beans
- 2 tsp. vegetable oil
- Salt and pepper to taste
- Optional: Spices such as smoked paprika, garlic, Italian blend.

Method:

1. Drain and rinse the beans.
2. Sauté in 2 tsp. of olive oil.
3. Spread onto a baking sheet and pat dry using a paper towel.
4. Roast in the oven for 30-45 minutes at 375 tossing every 15 minutes.

HopelinkHarvest@hope-link.org



Growing connections to fresh food.

Garbanzo Snack Bites

Inspired by Ballard Food Banks's "Roasted Bean Nuts"
For more recipes: ballardfoodbank.org

Ingredients:

- 1 15 oz. can garbanzo beans
- 2 tsp. vegetable oil
- Salt and pepper to taste
- Optional: Spices such as smoked paprika, garlic, Italian blend.

Method:

1. Drain and rinse the beans.
2. Sauté in 2 tsp. of olive oil.
3. Spread onto a baking sheet and pat dry using a paper towel.
4. Roast in the oven for 30-45 minutes at 375 tossing every 15 minutes.

HopelinkHarvest@hope-link.org

