

Vegan Party Snacks!

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/snacks-veg-recipe-of-india>

Ingredients:

- 1 can chickpeas rinsed, drained and patted dry
- 2 tablespoons maple syrup
- 1 teaspoon canola oil or oil of your choice
- 1 teaspoon apple cider vinegar
- 1/8 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger
- 3/4 teaspoon cinnamon
- 1/2 cup pepitas my addition

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 34 grams
3. Fat: 10 grams
4. Fiber: 6 grams
5. Protein: 10 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 400 milligrams
8. Sugar: 6 grams

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