

Salt & Vinegar Chickpea Snacks

Chickpeas are a wicked source of protein and fibre - a perfect combo to keep fuelled on outdoor adventures. These crunchy snacks are salty and delicious (and perhaps a little addicting).



Prep Time: 5 mins + 12 mins marinating

Cooking Method: dehydrating

Cooking Time: ~6 hours

Yield: 2

Ingredients:

- 1 cup cooked or canned chickpeas, *drained*
- 3 tbsps white or malt vinegar
- 2 tbsps water
- 1/2 tsp salt

Directions:

1. Cook chickpeas (or drain and rinse from a can).
2. In a container, combine vinegar, salt and water. Stir well to combine.
3. Add in chickpeas and let marinate for 12-18 hours.
4. Drain excess liquid from container and disperse chickpeas onto dehydrating trays.
5. Dehydrate at 135° for ~6 hours.



Nomads Kitchen



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Nutrition Information

**Nutrition information is estimated using an online nutrition calculator.*

Actual nutrition facts may vary.

Per Serving:

Calories: 134 kcal **Protein:** 7.5g **Carbs:** 22g **Fat:** 2g **Fibre:** 6g

Sugar: 4g **Sodium:** 145mg **Saturated Fat:** 0g **Cholesterol:** 0mg