



February 2024 Issue

Recipes

Cinnamon-Sugar Roasted Chickpeas

Serves: 4

Ingredients

- 1 (15 ounce) can chickpeas, rinsed
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground pepper
- 1 tablespoon avocado oil



Photo courtesy of <https://www.eatingwell.com/recipe/267759/cinnamon-sugar-roasted-chickpeas/>

How To Make It

- Position rack in the upper third of oven; preheat to 450 degrees F.
- Blot chickpeas dry. Spread on a rimmed baking sheet. Bake for 10 minutes. Meanwhile mix sugar, cinnamon, and pepper in a small bowl.
- Transfer the chickpeas to a medium bowl and toss with oil and the cinnamon-sugar mixture. Return to the baking sheet and bake, stirring once, until browned and crunchy, 15 to 20 minutes more. Let cool on the baking sheet for 15 minutes.

Sources: "Cinnamon Sugar Roasted Chickpeas." <https://www.eatingwell.com/recipe/267759/cinnamon-sugar-roasted-chickpeas/>, 25 Feb. 2024.

Nutrition Information

Servings Per Recipe: 4

Serving Size: 1/4 cup

Calories: 125

	% Daily Value *
Total Carbohydrate 16g	6%
Dietary Fiber 4g	13%
Total Sugars 3g	
Added Sugars 3g	6%
Protein 5g	9%
Total Fat 5g	6%
Saturated Fat 0g	2%
Vitamin A 2IU	0%
Folate 0mcg	0%
Sodium 48mg	2%
Calcium 34mg	3%
Iron 1mg	6%
Magnesium 27mg	6%
Potassium 190mg	4%

Recipes

Peanut Butter Blueberry Energy Balls

Serves: 17

Ingredients

- 2 cups rolled oats (see Tip)
- 1 cup natural peanut butter or other nut butter
- ½ cup honey or agave nectar
- ¼ cup mini chocolate chips
- ¼ cup dehydrated blueberries



Photo courtesy of <https://www.eatingwell.com/recipe/7894364/peanut-butter-blueberry-energy-balls/>

How to Make It

- Combine oats, peanut butter (or other nut butter), honey, chocolate chips and blueberries in a medium bowl; stir well. Using a 1-tablespoon measure, roll the mixture into balls. Store in an airtight container in the refrigerator.

Tip: Store in an airtight container for up to 5 days in the refrigerator or up to 3 months in the freezer.

Nutrition Information

Servings Per Recipe: 17

Serving Size: 2 balls

Calories: 183

Total Carbohydrate 20g

Dietary Fiber 2g

Total Sugars 11g

Protein 5g

Total Fat 9g

Saturated Fat 2g

Sodium 50mg

% Daily Value *

7%

7%

10%

12%

10%

2%