Texmex Chickpea Snackmix

Ingredients

- 1, 15-ounce can chickpeas
- 2 tablespoons + 2 teaspoons olive oil
- salt for sprinkling
- ½ lbs raw nuts of choice like almonds, walnuts, or cashews
- ½ lbs raw seeds of choice like sunflower seeds, or pepitas
- 1 tablespoon of lime zest
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon smoked paprika
- ½ teaspoon oregano
- 1/4 teaspoon cayenne pepper (based on spice preference)
- 1/2 teaspoon salt

Serves: 10
Prep Time: 5 minutes
Cook Time: 30 minutes

Nutrition Information: 1 serving
185 calories, 13 g fat, 11g carb (3 g fiber, 2 g sugar) 7.5g protein, 100 mg sodium
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Instructions

1. Preheat airfryer to 390 degrees. Drain can of chickpeas and rinse.

2. Add beans to medium bowl. Toss with spices (reserve lime zest until the end) and 2 tablespoons of olive oil.

3. Add to airfryer basket and cook for 12-15 minutes, shaking a few times in between.

4. Remove and add to a bowl.

5. Decrease temp to 350 degrees.

6. Add nuts and seeds to a medium bowl. Drizzle 2 teaspoons olive oil over nuts and seeds. Toss to coat. Add to airfryer basket and cook for 5 minutes. Toss and return to airfryer to cook for 2-3 minutes more, watching closely.

7. NOTE: If using smaller seeds, watch toasting closely so they do not burn.

8. Cool completely.