

*Clean Easy*

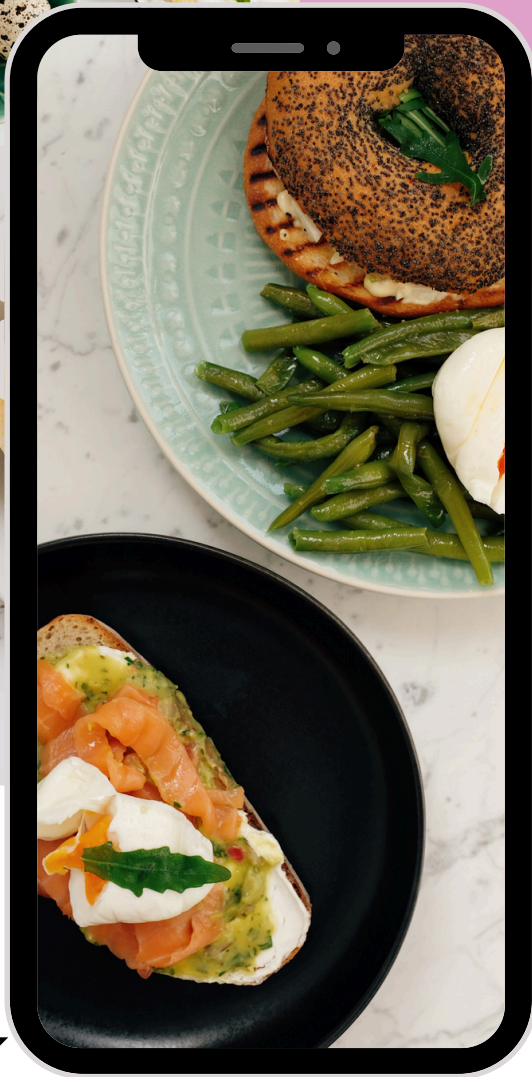
**QUICK SNACKS  
RECIPES**





10

# E-Book Recipes

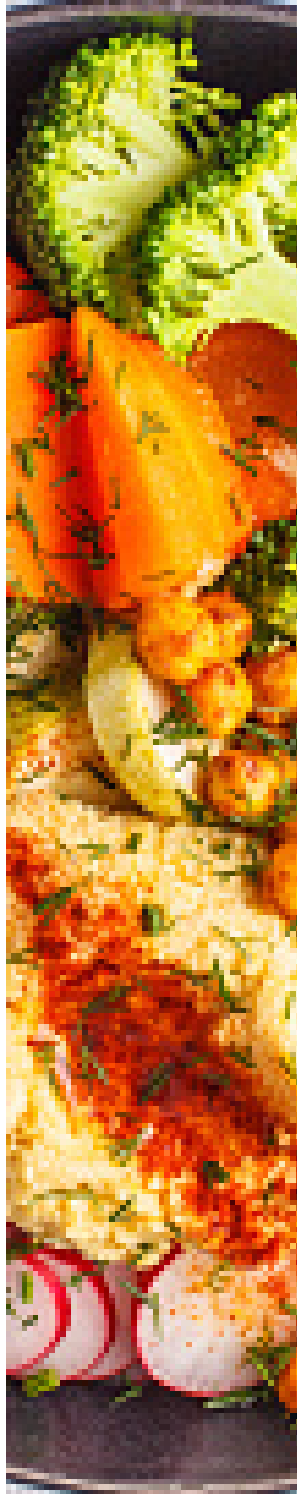


Thrive Health Concepts

The table of

# CONTENTS

<b>1-NUTRITIOUS CHICKPEAS</b>	<b>3</b>
<b>2-FLAVORS CHICKEN NUGGETS</b>	<b>4</b>
<b>3-BROCCOLI CHEESE FRITTERS</b>	<b>5</b>
<b>4-CRISPY &amp; TASTY POTATOE</b>	<b>6</b>
<b>5-JUICY CHICKEN PATTIES</b>	<b>7</b>
<b>6-BROCCOLI CHEESE BALLS</b>	<b>8</b>
<b>7-CRISPY CAULIFLOWER BALLS</b>	<b>9</b>
<b>8-EASY CHICKEN SKEWERS</b>	<b>10</b>
<b>9-GREEK POTATOES WITH OLIVES</b>	<b>11</b>
<b>10-DELICIOUS CHICKEN BALLS</b>	<b>12</b>
<b>11-CRISPY ZUCCHINI FRITTERS</b>	<b>13</b>
<b>12-BAKED VEGGIE TOTS</b>	<b>14</b>
<b>13-CRUNCHY &amp; SPICY PEANUTS</b>	<b>15</b>
<b>14-BAKED TOFU CUBES</b>	<b>16</b>
<b>15-MEATBALLS</b>	<b>17</b>
<b>16-CRISP &amp; HEALTHY OKRA</b>	<b>18</b>
<b>17-HEALTHY &amp; TASTY FOXNUTS</b>	<b>19</b>
<b>18-ROASTED CASHEW</b>	<b>20</b>
<b>19-MIXED NUTS</b>	<b>21</b>
<b>20-CRAB MEAT BALLS</b>	<b>22</b>
<b>21-CRISPY POTATO WEDGES</b>	<b>23</b>
<b>22-TOFU VEGGIE BALLS</b>	<b>24</b>
<b>23-CRISPY SWEET POTATO WEDGES</b>	<b>25</b>
<b>24-ROASTED PISTACHIOS</b>	<b>26</b>
<b>25-PERFECT NACHO CHICKPEAS</b>	<b>27</b>
<b>26-TASTY CHICKPEA PATTIES</b>	<b>28</b>





*Nutritious*

# Chickpeas

## DIRECTIONS

- Heat oil in a pan over medium heat.
- Add chickpeas, garlic, coriander, chili powder, mint, cumin, parsley, pepper, and salt, and stir until chickpeas are well coated.
- Stir well and cook for 3-5 minutes.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 318
- Fat 9.8 g
- Carbohydrates 48 g
- Sugar 0.2 g
- Protein 10 g
- Cholesterol 0 mg

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Serve: 2

## INGREDIENTS

- 400 g can chickpeas, rinsed & drained
- 2 tbsp parsley, chopped
- 1 tbsp mint, chopped
- ½ tsp coriander powder
- 1 tsp chili powder
- 1 tsp cumin powder
- 1 tbsp olive oil
- 4 garlic cloves, minced
- Pepper
- Salt







# Flavors

# Chicken Nuggets

## INGREDIENTS

- 450 g chicken breast, boneless & diced
- 2 tsp powdered sugar
- 60 ml milk
- .25 ml pickle juice
- 1/4 tsp paprika
- 1/2 tsp garlic powder
- Pepper
- Salt

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Serve: 4

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 148
- Fat 3.2 g
- Carbohydrates 2.8 g
- Sugar 2.2 g
- Protein 24.7 g
- Cholesterol 74 mg

## DIRECTIONS

- Add chicken and remaining ingredients into the bowl and mix well.
- Cover bowl and place in refrigerator for overnight.
- Remove chicken from marinade and place into the air fryer basket.
- Cook at 400 F/ 200 C for 10-12 minutes.
- Serve and enjoy.

# Broccoli Cheese

# Fritters

## DIRECTIONS

- Add all ingredients except oil in a bowl and mix until combined.
- Heat oil in a pan over medium heat.
- Make patties from the broccoli cheese mixture and place onto a hot pan and cook for 2-3 minutes on each side.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 285
- Fat 22.9 g
- Carbohydrates 7.4 g
- Sugar 1.9 g
- Protein 14.8 g
- Cholesterol 123 mg

Preparation Time: 10 minutes

Cooking Time: 6 minutes

Serve: 4

## INGREDIENTS

- 2 eggs, beaten
- 120 g cheddar cheese, shredded
- 225 g broccoli florets, chopped
- 1 tbsp olive oil
- 2 tbsp almond flour
- 1 tsp Italian seasoning





# Crispy & Tasty Potatoes

## INGREDIENTS

- 450 g baby potatoes, quartered
- 1 tbsp olive oil
- 1 1/2 tsp Italian seasoning
- 1/2 tsp lemon zest
- 1 tbsp fresh lemon juice
- 1/2 tsp oregano
- Pepper
- Salt

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serve: 4

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 101
- Fat 3.7 g
- Carbohydrates 14.9 g
- Sugar 0.1 g
- Protein 3.1 g
- Cholesterol 0 mg

## DIRECTIONS

- Preheat the air fryer to 400 F/ 200 C.
- In a bowl, toss potatoes with remaining ingredients until well coated.
- Add potatoes into the air fryer basket and cook for 12-15 minutes. Stir potatoes halfway through.
- Serve and enjoy.



# Juicy Chicken

## DIRECTIONS

- Add chicken and remaining ingredients except oil into the bowl and mix until well combined.
- Make equal shapes of patties from the chicken mixture.
- Heat oil in a pan over medium heat.
- Place patties onto the pan and cook for 10 minutes from both the sides.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 276
- Fat 14 g
- Carbohydrates 2.1 g
- Sugar 1 g
- Protein 34.8 g
- Cholesterol 126 mg

# Patties

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serve: 8

## INGREDIENTS

- 1 egg
- 900 g ground chicken
- 24 g almond flour
- 1/4 tsp oregano
- 1/4 tsp garlic powder
- 2 tbsp olive oil
- 1/2 medium onion, diced
- 1 zucchini, diced
- 170 g feta cheese, crumbled
- 1/2 tsp onion powder
- Pepper
- Salt





# Broccoli Cheese Balls

## INGREDIENTS

- 2 eggs, *lightly beaten*
- 50 g *almond flour*
- 1 tsp *Cajun seasoning*
- 2 *garlic cloves, minced*
- 140 g *broccoli florets*
- 1 *small onion, minced*
- 120 g *cheddar cheese, shredded*
- 2 *tbsp fresh cilantro, chopped*
- *Pepper*
- *Salt*

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serve: 4

## DIRECTIONS

- Preheat the oven to 400 F/ 200 C.
- Add broccoli florets into the boiling water and cook until tender. Drain well.
- Add broccoli in the food processor or chopper and process until minced.
- Transfer broccoli to the bowl.
- Add remaining ingredients and mix until well combined.
- Make small balls from the broccoli mixture and place onto a baking sheet.
- Bake in preheated oven for 25-30 minutes.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 188
- Fat 13.5 g
- Carbohydrates 5.2 g
- Sugar 1.5 g
- Protein 12 g
- Cholesterol 112 mg

# *Crispy* Cauliflower Balls

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Serve: 4

## INGREDIENTS

- 1 egg
- 215 g cauliflower rice
- 1/2 tsp onion powder
- 50 g almond flour
- 1/2 tsp Italian seasoning
- 90 g parmesan cheese, shredded
- 1/2 tsp garlic powder
- Pepper
- Salt

## DIRECTIONS

- Preheat the oven to 400 F/ 200 C.
- Add cauliflower rice and remaining ingredients into the bowl and mix until well combined.
- Make small balls from the cauliflower mixture and place onto a parchment-lined baking sheet.
- Bake in preheated oven for 20 minutes.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 145
- Fat 8.7 g
- Carbohydrates 5.6 g
- Sugar 2.5 g
- Protein 11.4 g
- Cholesterol 57 mg





# Easy Chicken Skewers

## INGREDIENTS

- 450 g chicken breast, boneless & cut into 1-inch pieces
- 1 tbsp red wine vinegar
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1/2 tsp dried parsley
- 3 garlic cloves, minced
- 2 tsp dried oregano
- Pepper
- Salt

Preparation Time 10 minutes

Cooking Time 10 minutes

Serve 6

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 132
- Fat 6.7 g
- Carbohydrates 0.8 g
- Sugar 0.2 g
- Protein 16.2 g
- Cholesterol 48 mg



## DIRECTIONS

- Preheat the grill.
- Add chicken and remaining ingredients into the bowl and mix well.
- Cover bowl and place in refrigerator for 1 hour.
- Thread marinated chicken pieces onto the skewers.
- Arrange chicken skewers onto the hot grill and cook for 5 minutes on each side.
- Serve and enjoy.

# Greek Potatoes

# with Olives

## DIRECTIONS

- Preheat the oven to 400 F/200 C.
- In a bowl, toss potatoes with oregano, lemon slices, lemon juice, oil, garlic, pepper, and salt.
- Spread potatoes onto the baking sheet.
- Bake in preheated oven for 25 minutes.
- Add olives in potatoes and bake for 12-15 minutes more.
- Top with cheese and serve.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 190
- Fat 9.2 g
- Carbohydrates 23.1 g
- Sugar 0.4 g
- Protein 5.6 g
- Cholesterol 6 mg

Preparation Time 10 minutes

Cooking Time 40 minutes

Serve 8

## INGREDIENTS

- 1 ¼ kg baby potatoes, cut in half
- 1 tsp dried oregano
- 1 tbsp lemon juice
- 60 ml olive oil
- 50 g feta cheese, crumbled
- 135 g olives, pitted
- 1 lemon, sliced
- 4 garlic cloves, minced
- 1/4 tsp pepper
- 1 tsp salt





# Delicious Chicken Balls

## INGREDIENTS

- 450 g ground chicken
- 1 tbsp fresh basil, chopped
- 2 tbsp olive oil
- 2 tbsp coconut flour
- 2 tbsp nutritional yeast
- 2 tsp onion powder
- 1 tsp garlic, minced
- 60 g fresh spinach, chopped
- 1 tbsp fresh parsley, chopped
- 1 tsp oregano
- Pepper
- Salt

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serve: 4

## DIRECTIONS

- Preheat the oven to 400 F/ 200 C.
- Add chicken and remaining ingredients into the bowl and mix until well combined.
- Make small balls from the chicken mixture and place them onto a parchment-lined baking sheet.
- Bake chicken balls for 30 minutes. Turn halfway through.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 321
- Fat 16.2 g
- Carbohydrates 6.9 g
- Sugar 0.5 g
- Protein 36.3 g
- Cholesterol 101 mg



*Crispy*

# Zucchini Fritters

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Serve: 4

## DIRECTIONS

- Add zucchini and remaining ingredients except for the oil into the bowl and mix until well combined.
- Heat oil in a pan over medium heat.
- Make patties from the zucchini mixture and place them onto a pan and cook for 4-5 minutes on each side.
- Serve and enjoy.

## INGREDIENTS

- 2 medium zucchini, grated and squeezed
- 28 g coconut flour
- 321 g cauliflower rice
- 1 tbsp olive oil
- ¼ tsp paprika
- 1/2 tsp sea salt

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 120
- Fat 5.8 g
- Carbohydrates 13.3 g
- Sugar 4.7 g
- Protein 5.1 g
- Cholesterol 0 mg



# Baked Veggie Tots

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Serve: 4

## INGREDIENTS

- 1 egg
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 135 g kale, minced
- 1 medium sweet potato, baked & mashed
- 75 g breadcrumbs
- Pepper
- Salt



## DIRECTIONS

- In a bowl, mix together egg, sweet potato, garlic powder, breadcrumbs, kale, paprika, pepper, and salt until well combined.
- Make small tots from the sweet potato mixture and place them into the air fryer basket.
- Cook at 400 F/ 200 C for 10-12 minutes. Turn halfway through.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 131
- Fat 1.9 g
- Carbohydrates 23.2 g
- Sugar 4.3 g
- Protein 5 g
- Cholesterol 41 mg

# Crunchez &

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serve: 4

## INGREDIENTS

- 125 g peanuts
- $\frac{3}{4}$  tsp Mexican seasoning
- $\frac{1}{2}$  tsp lemon juice
- 1 tbsp olive oil
- 1 tsp cheese powder
- Pepper
- Salt

# Spicy Peanuts

## DIRECTIONS

- Preheat your air fryer to 320 F/ 160 C.
- In a bowl, toss peanuts with oil, lemon juice, cheese powder, Mexican seasoning, pepper, and salt.
- Add peanuts into the air fryer basket and cook for 10 minutes. Stir halfway through.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 241
- Fat 21.5 g
- Carbohydrates 6.3 g
- Sugar 1.5 g
- Protein 9.5 g
- Cholesterol 0 mg





# Baked Tofu Cubes

## INGREDIENTS

- 450 g firm tofu, drained & cut into bite-sized cubes
- 1 tbsp olive oil
- 65 g pesto
- ¼ tsp garlic powder
- Pepper
- Sea salt

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Serve: 4

## DIRECTIONS

- Preheat the oven to 350 F/ 180 C.
- In a bowl, toss tofu with pepper, oil, garlic powder, and salt until well coated.
- Arrange tofu onto a parchment-lined baking sheet.
- Bake in preheated oven for 40 minutes. Turn halfway through.
- Transfer tofu into the bowl.
- Add pesto and toss until well coated.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 175
- Fat 14 g
- Carbohydrates 3 g
- Sugar 1 g
- Protein 10 g
- Cholesterol 4 mg



# Meatballs

Preparation Time: 10 minutes

Cooking Time: 7 minutes

Serve: 4

## INGREDIENTS

- 1 egg
- 450 g ground turkey
- 1 tsp Italian seasoning
- 1 tsp paprika
- 2 tbsp fresh parsley, chopped
- 45 g parmesan cheese, grated
- 60 g breadcrumbs
- Pepper
- Salt

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 386
- Fat 17.7 g
- Carbohydrates 20.1 g
- Sugar 1.9 g
- Protein 39.6 g
- Cholesterol 165 mg

## DIRECTIONS

- In a bowl, mix together ground turkey and remaining ingredients until well combined.
- Make small balls from the meat mixture and place them into the air fryer basket.
- Cook at 350 F/180 C for 7 minutes. Turn halfway through.
- Serve and enjoy.





# Crisp & Healthy Okra

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serve: 4

## INGREDIENTS

- 15 okra, cut into 1/4-inch pieces
- 2 tbsp all-purpose flour
- 2 tbsp cornmeal
- ¼ tsp garlic powder
- ¼ tsp dried basil
- ¼ tsp dried thyme
- ¼ tsp dried rosemary
- ¼ tsp paprika
- ¼ tsp onion powder
- ¼ tsp garlic powder
- Pepper
- Salt



## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 145
- Fat 0.8 g
- Carbohydrates 28.3 g
- Sugar 4.5 g
- Protein 6.5 g
- Cholesterol 0 mg

## DIRECTIONS

- In a bowl, toss the okra with flour, spices, and cornmeal.
- Add okra into the air fryer basket and cook at 400 F/ 200 C for 10 minutes.
- Stir and cook for 5 minutes more.
- Serve and enjoy.

Healthy &

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Serve: 4

## INGREDIENTS

- 64 g foxnuts
- ¼ tsp turmeric
- 1 tsp olive oil
- ¼ tsp paprika
- Pepper
- Salt

# Tasty Foxnuts

## DIRECTIONS

- Preheat the air fryer to 390 F/ 198 C.
- In a bowl, toss foxnuts with oil, paprika, turmeric, pepper, and salt.
- Add foxnuts into the air fryer basket and cook for 3-5 minutes.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 490
- Fat 39 g
- Carbohydrates 22 g
- Sugar 4 g
- Protein 14 g
- Cholesterol 3 mg





# Roasted Cashew

Preparation Time: 10 minutes

Cooking Time: 6 minutes

Serve: 6

## INGREDIENTS

- 280 g cashew
- 45 g coconut sugar
- 2 tbsp maple syrup
- 2 tbsp honey
- 1 tbsp rice flour
- 1 tsp Nutritional yeast flakes
- 1/2 tsp cinnamon
- 1/2 tsp salt

## DIRECTIONS

- In a bowl, toss cashews with remaining ingredients until well coated.
- Add cashews into the air fryer basket and cook at 350 F/ 180 C for 5-6 minutes. Stir halfway through.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 315
- Fat 21.2 g
- Carbohydrates 27.7 g
- Sugar 12 g
- Protein 7.4 g
- Cholesterol 0 mg

# Mixed

Preparation Time: 10 minutes

Cooking Time: 6 minutes

Serve: 6

## INGREDIENTS

- 145 g almonds
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp dried thyme
- 115 g walnuts
- 140 g cashews
- 2 tbsp Nutritional yeast
- 1 1/2 tsp dried rosemary
- 1 tbsp olive oil
- Pepper
- Salt

# Nuts

## DIRECTIONS

- In a bowl, toss nuts with remaining ingredients until well coated.
- Add nuts into the air fryer basket.
- Cook at 350 F/ 180 C for 5-6 minutes. Stir halfway through.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 428
- Fat 38.1 g
- Carbohydrates 14.9 g
- Sugar 2 g
- Protein 13.5 g
- Cholesterol 0 mg



# Crab Meat Balls

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serve: 6

## INGREDIENTS

- 1 egg, *lightly beaten*
- 450 g *lump crab meat, drained*
- 2 *garlic cloves, minced*
- 1 *tsp lemon juice*
- 1 *tsp old bay seasoning*
- 30 g *almond flour*
- 1 *tsp Dijon mustard*
- 2 *tbsp mayonnaise*
- *Pepper*
- *Salt*



## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 221
- Fat 20.2 g
- Carbohydrates 7.7 g
- Sugar 1.2 g
- Protein 17 g
- Cholesterol 71 mg

## DIRECTIONS

- In a bowl, mix together crab meat and remaining ingredients until well combined.
- Make equal balls from the crab meat mixture and place them onto a plate. Place plate in the fridge for 50 minutes.
- Spray air fryer basket with cooking spray.
- Place prepared crab meat balls into the air fryer basket.
- Cook at 350 F/ 180 C for 8-10 minutes.
- Serve and enjoy.



*Crispy*

# Potato Wedges

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Serve: 4

## INGREDIENTS

- 3 medium potatoes, clean & cut into wedges
- 1 tsp dried oregano
- 1 lemon juice
- 1 lemon zest
- ¼ tsp paprika
- 1 tsp fresh rosemary, chopped
- 2 tbsp olive oil
- Pepper
- Salt

## DIRECTIONS

- Add potato wedges into the boiling water and cook for 5 minutes. Drain well & dry.
- In a bowl, toss potato wedges with remaining ingredients until well coated.
- Preheat the air fryer to 400 F/ 200 C.
- Add potato wedges into the air fryer basket and cook for 18-20 minutes. Stir potato wedges halfway through.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 178
- Fat 7.4 g
- Carbohydrates 26 g
- Sugar 2.2 g
- Protein 2.8 g
- Cholesterol 0 mg





# Tofu Veggie Balls

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serve: 4

## DIRECTIONS

- Add tofu and remaining ingredients into the food processor and process until just combined.
- Make equal shapes of balls from the tofu mixture and place them into the air fryer basket.
- Cook at 380 F/193 C for 10 minutes. Turn halfway through.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 116
- Fat 1.7 g
- Carbohydrates 18.9 g
- Sugar 2.6 g
- Protein 5.2 g
- Cholesterol 0 mg

## INGREDIENTS

- *125 g firm tofu, drained*
- *40 g bamboo shoots, thinly sliced*
- *35 g carrots, shredded & steamed*
- *3 dried mushrooms, soaked & chopped*
- *1 tsp garlic powder*
- *1 1/2 tbsp soy sauce, low-sodium*
- *2 tbsp cornstarch*
- *75 g breadcrumbs*
- *Pepper*
- *Salt*

# Crispy Sweet

# Potato Wedges

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Serve: 2

## INGREDIENTS

- 1 large sweet potato, cut into wedges
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- ¼ tsp onion powder
- 1 tbsp olive oil
- 1/8 tsp cayenne
- Pepper
- Salt

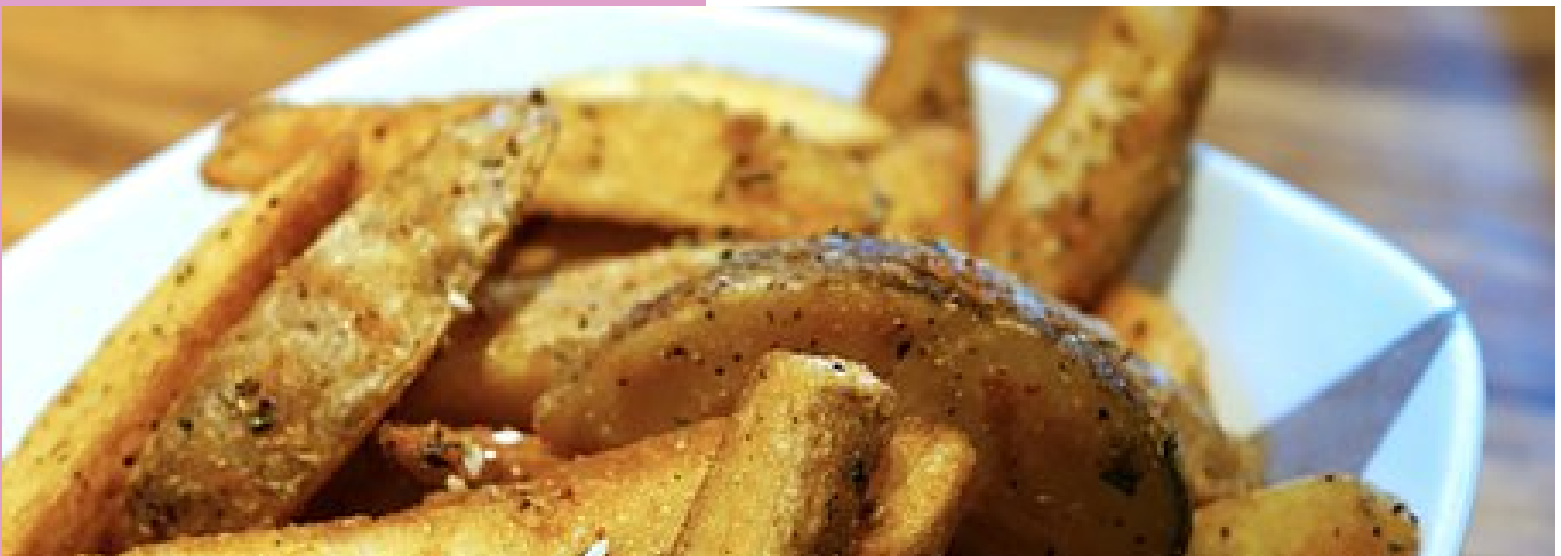
## DIRECTIONS

- In a bowl, toss sweet potato wedges with remaining ingredients until well coated.
- Add sweet potato wedges into the air fryer basket.
- Cook at 400 F/200 C for 20 minutes. Turn sweet potato wedges halfway through.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 119
- Fat 7.2 g
- Carbohydrates 12.7 g
- Sugar 3.9 g
- Protein 1.4 g
- Cholesterol 0 mg



# Roasted Pistachios

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serve: 6

## INGREDIENTS

- 375 g pistachios, without shell
- 1 tbsp olive oil
- 2 tbsp honey
- 1/2 tsp salt

## DIRECTIONS

- In a bowl, mix pistachios with oil, honey, and salt until well coated.
- Add pistachios into the air fryer basket.
- Cook at 320 F/ 160 C for 10 minutes. Stir halfway through.
- Serve and enjoy.

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 205
- Fat 16.3 g
- Carbohydrates 13.8 g
- Sugar 7.8 g
- Protein 6 g
- Cholesterol 0 mg



# Perfect Nachos

Preparation Time: 10 minutes

Cooking Time: 18 minutes

Serve: 4

## DIRECTIONS

- In a bowl, toss chickpeas with a tablespoon of oil.
- Add chickpeas into the air fryer basket and cook at 390 F/ 198 C for 15 minutes. Stir halfway through.
- In a bowl, mix together the remaining oil, paprika, nutritional yeast, chili powder, and onion powder.
- Add chickpeas into the spice mixture and toss well.
- Return the chickpeas into the air fryer basket and cook for 2-3 minutes.
- Serve and enjoy.

# Chickpeas

## INGREDIENTS

- 1 can chickpeas, drained
- 2 tsp chili powder
- 2 tbsp olive oil
- 1 tsp onion powder
- ¼ tsp paprika
- 3 tbsp nutritional yeast

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 456
- Fat 13.6 g
- Carbohydrates 64.8 g
- Sugar 10.9 g
- Protein 22.8 g
- Cholesterol 0 mg







# Tasty Chickpea Patties

## NUTRITIONAL VALUE

(Amount per Serving):

- Calories 73
- Fat 3.2 g
- Carbohydrates 9.4 g
- Sugar 0.6 g
- Protein 2.5 g
- Cholesterol 14 mg

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serve: 12

## DIRECTIONS

- Add chickpeas into the mixing bowl and mash using a potato masher.
- Add remaining ingredients except oil and mix until well combined.
- Make equal shapes of patties from the chickpea mixture and place onto a plate.
- Heat oil in a pan over medium heat.
- Place prepared patties into the pan and cook until golden brown from both the sides.
- Serve and enjoy.

## INGREDIENTS

- 1 egg
- 400 g can chickpeas, rinsed & drained
- 1 tsp ground cumin
- 1 tbsp paprika
- 3 garlic cloves, minced
- 1 small onion, chopped
- 1 medium carrot, grated
- 30 g spinach, chopped
- 2 tbsp olive oil
- Pepper
- Salt