



Flavoured Roasted Chickpeas

Ingredients:

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| ⚙ Chickpeas, rinsed and drained | 2 cans |
| ⚙ Extra virgin olive oil | 3 tbsp |
| ⚙ Coriander | 1 tbsp |
| ⚙ Garam masala | 1 tsp |
| ⚙ Paprika or finely chopped chilli | 1 tbsp |
| ⚙ Cumin seeds | 2 tbsp |
| ⚙ Pepper to taste | |

Method:

- ⚙ Preheat oven to 180°C. Open the cans of chickpeas and strain into a sieve. Rinse thoroughly with water and place on a clean towel to pat dry.
- ⚙ Add to a medium-sized bowl along with the extra virgin olive oil, salt, spices, and herbs of your choice. Toss well and spoon onto a lined baking tray.
- ⚙ Bake for 30 minutes turning every 10 minutes to allow the chickpeas to crisp up. Remove and allow to cool.





Crispy Sweet Potato Strings

Ingredients:

- ⚙ 1/2 cup coconut oil
- ⚙ 1 sweet potato
- ⚙ Salt

Method:

- ⚙ Peel sweet potato and cut into julienne strips. Use paper towels to wring out excess water.
- ⚙ Place a handful of potato strings into the medium-high heated oil. Cook for one minute and then flip over.
- ⚙ Let cook for another minute, until the strings take on a golden colour. Drain on paper towel. Sprinkle with salt.

Veggies are very versatile and make for fantastic snack options. Mid-meal snacks are a great opportunity to bump up your little one's veggie intake and will teach your child different ways of enjoying them.



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