

Crispy Chickpea Protein Bites

These crunchy chickpea protein bites are a delightful low-carb snack that packs a punch of flavor and nutrition. Perfect for a quick bite or as a topping on salads!


35 min

Total time

easy

Difficulty

180

kcal / serving

Ingredients

- 1/2 cup canned chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon nutritional yeast (optional)

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 Pat the chickpeas dry with a paper towel to remove excess moisture.
- 3 In a bowl, mix the chickpeas with olive oil, garlic powder, smoked paprika, salt, black pepper, and nutritional yeast until well coated.
- 4 Spread the chickpeas in a single layer on a baking sheet.
- 5 Bake for 25-30 minutes, stirring halfway through, until they are golden and crispy.
- 6 Let them cool before enjoying as a crunchy snack or salad topping.