

7. Roasted Chickpeas

Prep Time: 5 min | **Cook Time:** 25 min | **Total Time:** 30 min | **Servings:** 2

Ingredients:

- 1 can chickpeas, drained & rinsed
- 1 tsp olive oil
- Pinch salt & paprika

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with oil & seasoning.
3. Roast 20–25 minutes until crispy.

Nutrition (per ¼ cup):

- Calories: 100
- Protein: 6 g
- Fiber: 3 g
- Iron: 1.5 mg

Health Benefits:

- Plant protein supports growth.
- Fiber aids digestion.

Pro Tips:

- Offer half soft, half crispy for texture training.
- Serve in small cups to avoid overwhelming portions.