

Chickpea Granola

Yield: 21 Servings



Ingredients	Measure	Directions
Chickpeas, Drained and Rinsed	40 oz.	<ol style="list-style-type: none"> 1. Preheat Convection Oven to 325 degrees. 2. In a large bowl or container mix together chickpeas and oats. 3. Next add in your honey and melted butter, toss together with chickpeas and oats to coat well. 4. Add in your spices and mix one final time to coat everything. 5. Line 2 sheet pans with parchment and spread your mixture out evenly onto the two pans. There should be some space throughout the mixture on the pan. 6. Bake in your preheated 325 degree oven on LOW fan for 15 minutes. 7. Turn your pans and bake for an additional 15 minutes. The oats should be browned and you will want to look for the chickpeas to begin to split open. 8. Place on a rack to allow granola to cool completely. Cover your rack and let your granola sit at room temperature overnight to dry. 9. Serve as topping for Pumpkin Pie Parfait Recipe.
Whole Grain Oats	42 oz.	
Ground Cinnamon	2 Tbsp	
Pumpkin Pie Spice	2 Tbsp	
Honey	½ cup	
Butter, melted	1 cup	

Serving Size	1 Serving Provides	Yield
1 serving =	2 oz Grain Equivalent	21 servings

Nutrients Per Serving					
Calories	87	Saturated Fat	4g	Iron	1.5 mg
Protein	3g	Cholesterol	20mg	Calcium	50mg
Carbohydrate	7g	Vitamin A	IU	Sodium	296mg
Total Fat	8g	Vitamin C	mg	Dietary Fiber	2g