






# Snack recipes

## Curried Snack Mix

### Ingredients (Serves 4)

-  2 tins chickpeas (300g) – drained
-  2 tbsp mixed unsalted nuts
-  10 dried apricots - chopped
-  1 tbsp vegetable oil
-  1 tbsp curry powder

## Method

1. Add the chickpeas to a large baking tray and drizzle with vegetable oil.
2. Next, sprinkle the chickpeas with curry powder, mixing to ensure evenly coated, and bake in the oven at 180 degrees for 20 minutes or until crispy.
3. Remove from the oven and in a bowl mix in the chopped nuts and dried apricots.
4. Optional – season with extra curry powder/additional spices.
5. Once cooled, store in an airtight container.



## Nutritional Information

[Approx. Per Serving]

Calories: 115Kcal  
Carbohydrate: 12g  
Fat: 5g  
Protein: 4g

## Cost:

[Approx.]  
Total Ingredients: £7.00  
Per Serving: £1.00

**One  
Life  
Suffolk**