

Health Bites: Boost Protein with Spicy Chickpeas

Video: [Let's Make Spicy Chickpeas](#)

Spicy Chickpeas is a crunchy, multipurpose, protein-packed recipe. Pack it as a snack for work or travel. It can also be a substitute for a fried snack, like potato chips. You can also sprinkle them on salads for extra protein.

Chickpeas are grown in Alberta and packed with nutrients with iron and folate which are both important for healthy blood. Eating ½ cup (125 mL) of this snack will give you the same amount of protein as of glass of milk. It will also give 5 g of fibre. That fibre matters as most Canadians only reach about half of the recommended daily amount.

