

# Chocolate Covered Crispy Chickpea Clusters FIT

**Serving size: 1 each**

**Makes 24 servings**

- 1 lb Garbanzo Beans (chickpeas), dry
- 2 ½ cups Chocolate Chips, semi-sweet
- 1 TBSP Canola Oil

## Preparation:

1. Soak garbanzo beans overnight.
2. In a medium-sized pot, cover garbanzo beans with water and cook until very tender. Once finished cooking, drain beans.
3. Prepare a sheet tray with spray oil or parchment paper. Spread the beans out on the sheet and bake in a 325°F oven until the beans are crispy, about 25 minutes. Set aside and allow to cool.
4. Melt chocolate over a double boiler. Add canola oil. Stir until smooth and combined.
5. Add chickpeas to melted chocolate and stir until coated.
6. Use a scoop to portion clusters of chocolate covered chickpeas onto a parchment-lined sheet tray.
7. Chill to harden chocolate.

NOTE: Canned beans can be used instead of dried. If using canned beans, look for 'no salt added' to keep sodium low.



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## NUTRITION FACTS PER SERVING

calories	155
total fat (g)	8
saturated fat (g)	4
trans fat (g)	0
sodium (mg)	2
total carbohydrate (g)	22
dietary fiber (g)	3
sugar (g)	15
protein (g)	3