

Cheesy Herb Chickpeas

Chickpeas roasted with cheesy nutritional yeast and dry herbs for a delicious, plant-based snack or topping for soups, salads, and bowls.

Serves- 30 tastes

Prep: 5 mins

Cook: 20 mins

Recipe adapted from-
gratefulgrazer.com



Ingredients

3 can chickpeas, drained and rinsed
6 tablespoons grapeseed oil
6 tablespoons nutritional yeast
3 teaspoons crushed rosemary
3 teaspoons dry thyme
3 teaspoons oregano
1 ½ teaspoons onion powder
1 ½ teaspoon garlic powder
Salt and pepper

Equipment

Measuring spoons
Large bowl
Wooden spoon
Air Fryer or oven
Baking trays
Tea towels or paper towels

Instructions

1. Preheat oven (or air fryer) to 200°C.
2. Dry chickpeas by rolling them in between paper towel sheets or a clean kitchen towel and transfer to a large mixing bowl. Stir in grapeseed oil, nutritional yeast, crushed rosemary, thyme, oregano, onion powder, garlic powder, and salt and pepper.
3. Pour chickpeas into air fryer basket, spreading them out as much as possible.
4. Cook for 12-15 minutes, shaking 2 or 3 times during cooking time to ensure even cooking.

