

FUEL UP

# Go Garbanzo

Also known as chickpeas, this superfood is super satisfying and filling when added to salads, soups, sandwiches, and even pizza!



## MASH UP

Use a fork to mash. Combine with avocado and hot sauce for a tasty dip.

## TOSS

Add to your favorite salad for extra protein, fiber, and potassium.

## ROAST TO CRUNCH

Rinse and toss with olive oil and cumin. Roast in a 400 degree oven for 30 minutes.