

Joy of Living Cooking School June 2022 – Air Fryer Snacks

Crispy Chickpeas (3 Servings)

- 1 can Garbanzo Beans (low sodium)
- 2 tablespoons Seasoning of choice
(Curry Powder, Taco Seasoning, etc.)

Preheat air fryer to 400° F.

Drain, but do not rinse, the garbanzo beans reserving the canning liquid. Line the air fryer basket with foil and add the beans, spreading them out into a single layer. Cook for 8 minutes. Remove the basket and shake to redistribute the beans. Cook for another 5 minutes.

In a small bowl combine 1 tablespoon of the reserved canning liquid with 1 tablespoon of seasoning. Transfer the cooked garbanzo beans to the bowl. Stir the beans to thoroughly combine. Return the beans to the fryer basket and cook for another 5 minutes, shaking the basket as needed to prevent burning. Transfer to a clean bowl and combine with the remaining seasoning,

If using a conventional oven, preheat to 425° F. Line a baking sheet with foil and add the beans. Bake for 10 minutes. Stir and cook another 8 minutes. Combine with the liquid seasoning mix and cook for 5-7 minutes, stirring frequently. Remove and transfer to a clean bowl and mix in the remaining seasoning.

Serve warm or at room temperature. Store in a paper bag or open bowl at room temperature for up to 1 week.



Nutrition Facts	
Servings: 3	
Amount per serving	
Calories	94
% Daily Value*	
Total Fat 1.3g	2%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 149mg	6%
Total Carbohydrate 17.1g	6%
Dietary Fiber 1.4g	5%
Total Sugars 4.1g	
Protein 4.5g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 5mg	29%
Potassium 65mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

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Cauliflower Bites (4 servings)

1 head Cauliflower
1/2 cup Plant Milk
1/2 cup Flour
1 tablespoon Paprika
1 teaspoon Garlic Powder
1 teaspoon Onion Powder
1/2 cup Barbeque Sauce of choice

Preheat air fryer to 375° F.

Cut the cauliflower into florets and add to a large mixing bowl. Add the milk and mix to combine. In a separate bowl, combine the flour, paprika, garlic and onion powders. Transfer the cauliflower to the flour mixture and toss to coat.



Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	165
% Daily Value*	
Total Fat 1.1g	1%
Saturated Fat 0.1g	1%
Cholesterol 0mg	0%
Sodium 326mg	14%
Total Carbohydrate 36.1g	13%
Dietary Fiber 3g	11%
Total Sugars 18.9g	
Protein 4.4g	
Vitamin D 0mcg	1%
Calcium 79mg	6%
Iron 2mg	10%
Potassium 355mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Transfer the florets to the basket of the air fryer, spreading them out to not touch. Cook for 10 minutes, turn them over and cook for another 6 minutes. Brush each floret with barbeque sauce and cook for 5 minutes.

If using a traditional oven, preheat to 400° F. Bake on a foil-lined baking sheet for 15 minutes. Turn over the florets and cook another 7 minutes. Baste with the sauce and cook for an additional 7 minutes.

Serve immediately.