

# Everything Chickpea Crackers

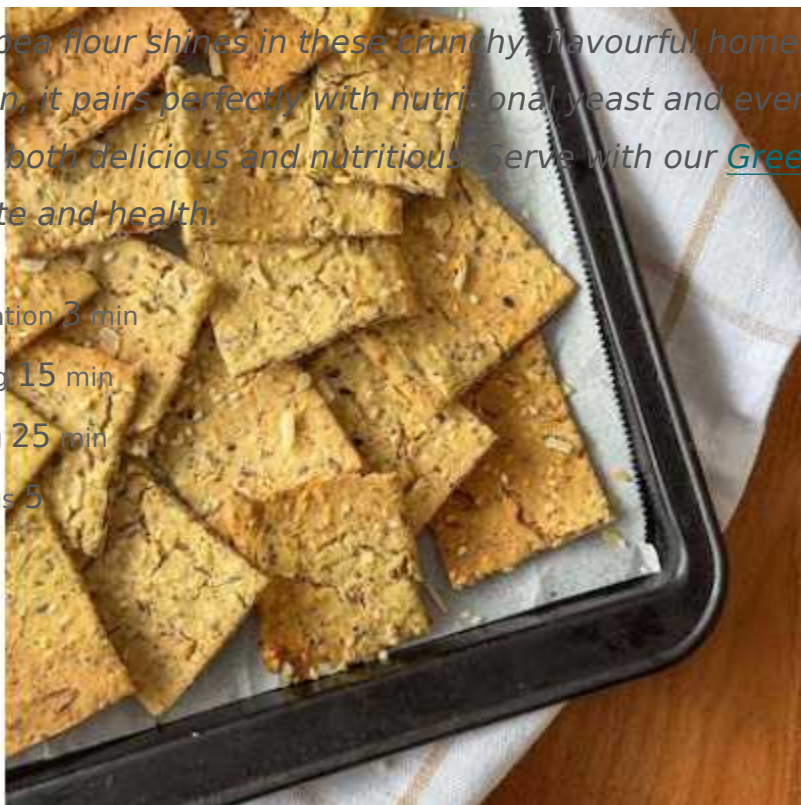
*Chickpea flour shines in these crunchy, flavourful homemade crackers. Packed with fibre and protein, it pairs perfectly with nutritional yeast and everything bagel seasoning for a snack that's both delicious and nutritious. Serve with our [Greek yogurt Ranch Dip](#) for a perfect blend of taste and health.*

Preparation 3 min

Cooking 15 min

Waiting 25 min

Servings 5



## Nutrition Facts (per serving)

Calories 130 kcal

Fat 3 g

Carbohydrates 15 g

Fibre 4 g

Protein 5 g

Sodium 200 mg

- Allow the crackers to cool completely before separating them.

## Notes

Store in an airtight container at room temperature for up to 1 month.

Nutritional yeast can be omitted and replaced with an additional tablespoon of sesame seeds. However, the crackers will have a less cheesy flavour.

You can use parchment paper as a substitute for a silicone baking mat.



Andrea Maksimovic – Nutritionniste Diététiste à Chicoutimi

Registered Dietitian Nutritionist