



REBEL ROASTED CRUNCHIES

INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/2 tbsp coconut oil (melted)
- 1 tbsp raw honey
- 1/2 tsp cinnamon
- 1/8 tsp sea salt
- 1/8 tsp turmeric
- Optional: Pinch of cayenne for a metabolism-boosting kick

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Dry the chickpeas thoroughly with a paper towel to ensure crispiness.
3. Toss chickpeas with coconut oil, cinnamon, turmeric, honey and sea salt until evenly coated.
4. Spread in a single layer on the baking sheet and roast for 45 minutes, stirring halfway through.
5. Let cool completely (they'll crisp up as they cool).

Why This is Mission-Ready Fuel:

- Carb + Protein Balance – Chickpeas and honey provide complex carbs & plant-based protein for sustained energy and muscle repair.
- Anti-Inflammatory Boost – Turmeric and cinnamon support faster recovery and reduce joint stress
- Electrolyte Support – Sea salt replenishes sodium lost in sweat to keep you going longer.
- Easy to Pack & Eat – A great on-the-go snack before or after a workout.

Tip: Store in an airtight container for up to 5 days.

NOTES
