



ROYAL
VOLUNTARY
SERVICE

CRISPY CHICKPEA BISCUITS

by Nadia Terry

Equipment

- Bowl
- Wooden spoon
- Oven Tray
- Food processor
- Greaseproof paper
- Piping bag with a nozzle

Ingredients

- 1 tin of chickpeas or 2 cups of preboiled chickpeas
- 2 egg whites
- 1 tsp paprika
- 1 tsp ground cumin
- ½ tsp turmeric
- 2 tbsp extra virgin olive oil
- Salt to taste
- 1 tbsp poppy seeds or cumin seeds for decoration (optional)
- Harissa to taste (optional)

Method

1. Preheat your oven to 180°C (gas mark 4).
2. Drain the chickpeas and keep the water in a separate bowl.
3. Combine the chickpeas, cumin, salt, paprika, turmeric, egg white, vinegar and olive oil in a food processor, and blend to a creamy purée.
4. Add 1 to 2 tbsps. of the reserved chickpea water if the mixture is too thick.
5. Pour the mixture into a piping bag.
6. Pipe the mixture in thin strips, about the size of a finger, onto a baking tray lined with greaseproof paper.
7. Sprinkle with the seeds and bake for 15 to 20 mins until golden brown.

Serve with a dip of your choice like garlic mayonnaise, ketchup or harissa mayonnaise.



ROYAL
VOLUNTARY
SERVICE

OUR THANKS TO NADIA TERRY FOR THIS GUIDE.

To find out more about the Virtual Village Hall and other online sessions please visit virtualvillagehall.royalvoluntaryservice.org.uk.

Or to find out more about the Royal Voluntary Service go to royalvoluntaryservice.org.uk.



Registered charity 1015988 (England and Wales) & SC038924 (Scotland).
CS2665b_0720

Supported by players of



Awarded funds from

