



Roasted Chickpeas

Looking for some more variety in your snack repertoire? Roasted chickpeas are definitely worth a try!

Not only do these taste good, they're also good for you. They contain a range of nutrients, including protein and fibre, which will help control your appetite. Unlike a lot of other highly processed snacks available, pre-packaged roasted chickpeas have a very short ingredient list, meaning there is nothing artificial added – what you see is what you get!

Another advantage of roasted chickpeas is that they're versatile, meaning they can be carried in your bag or kept in your desk drawer for days, even weeks, without the risk of spoiling. Leave the potato chips and salted nuts on the supermarket shelf and grab a few packets of roasted chickpeas.

You won't regret it!

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