



ROASTED BEAN MIX

By **Michell Nguyen**



Okay...I'm going to make a quick confession here - I am a serial snacker. The thing is, part of my job is to explain how snacking can be detrimental to your oral health. I believe in providing solutions, so in order to avoid being a complete hypocrite, I've come up with various snack ideas that are more tooth friendly than others. These roasted beans

have completely replaced chips and crackers in my pantry. Now I'm getting more vitamins, fibre and protein, with the same amount of deliciousness. Each bite comes with a burst of flavour and without the added fats, sugars and carbohydrates that you'll find in the alternative chips and crackers.

Ingredients

- ▶ 420g Canned Bean Mix (Or any type of bean/legume)
- ▶ 1x Tbsp Olive Oil
- ▶ Seasoning of choice (E.g, Paprika, salt and pepper, cumin, garlic salt, onion powder, chilli powder, turmeric, Italian herbs, cinnamon and vanilla powder)

Method

1. Preheat the oven to 180°
2. Strain beans and pat dry with paper towel
3. Place in a mixing bowl. Add olive oil and seasoning of choice and toss gently
4. Distribute on a tray lined with baking paper
5. Place in the oven for approx. 45-60 mins or until you get the desired texture

**Note: Due to the variation in a bean mix, some may not be as crispy as others. For crispy, try using a can of chickpeas only. Red beans can often come out with a softer texture. Also, remember to avoid purchasing beans/legumes with added salt or sugar.*