



## BABY CHICKPEA NACHOS

FROM  
AROUND 7  
MONTHS

GLUTEN  
FREE

VEGAN  
FRIENDLY

These nacho-style chickpea crisps are perfect for baby-led weaning. They offer yet another tasty way for your little one to enjoy protein-packed chickpeas with a range of veggie toppings.

Serve on their own as a quick weaning snack or combine with the Babease Mexican Beans pouch for an easy baby dinner full of exciting flavours!

### WHAT YOU NEED

- 130g chickpea flour
- ½ tsp baking powder
- ½ tsp black pepper
- 60ml olive oil
- 3 tbsp warm water

### WHAT TO DO

1. Preheat the oven to 180°C.
2. Make the tortilla dough by combining the chickpea flour, baking powder and pepper in a bowl before mixing in the olive oil with a fork.
3. When the dough is crumbly, add the water bit by bit, combining with your hands.
4. Once you have a good dough consistency, place the dough onto a sheet of baking parchment and use a rolling pin to roll it flat. How thin you roll the dough will depend on how crispy you want your nacho crisps to be.
5. Once rolled out, cut the dough into triangle shapes to create the iconic tortilla crisps. You could also get creative with the shape of your crisps by using cookie cutters.
6. Slide the sheet of nacho crisps onto a baking sheet and cook in the oven for 10-15 minutes, or until the edges start to brown.
7. Leave to cool on a wire rack and serve either on their own, with mashed avocado or with our Mexican Beans pouch for a tasty weaning meal full of texture!