

## Chickpea Nuggets

### Ingredients:

1 1/2 cups chickpeas\*  
1 can artichoke hearts

1 TB chia  
3 TB water

2 TB nutritional yeast  
1 tsp salt  
3/4 tsp Chicken Taco seasoning  
1/2 tsp Poultry seasoning  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1/4 tsp black pepper

1 Breadcrumb Recipe

### Directions:

1. Drain artichoke hearts. Set aside.
2. In a small bowl mix together chia and water. Set aside.
3. Put half of the chickpeas in a food processor along with all the spices. Blend until smooth.
4. Add artichoke hearts and pulse 2-3 times.
5. Add the rest of the chickpeas and the chia/water mixture. Pulse until desired consistency.
6. Scoop out small amounts of mixture and form into patties. Should yield about 10-14 patties depending on size.
7. Press patties into breadcrumbs until fully coated.
8. Place in airfryer at 390F for 8 minutes.
9. Flip each patty over. Cook for an additional 8 minutes.
10. Check on patties and cook for an additional 1-3 minutes depending on desired crispness.

\*this is equivalent to 1 can of chickpeas or 1/2 cup dry chickpeas cooked. If using a pressure cooker for dry beans: 15 minutes for soaked chickpeas or 45 minutes for unsoaked chickpeas.



## **Breadcrumbs**

### Ingredients:

2 pieces Dave's Killer Bread

1 tsp Italian Herbs

1/2 tsp onion powder

1/2 tsp garlic powder

1/2 tsp Chili 9000

### Directions:

1. Cut bread into small pieces. Place in airfryer. Set to 300F for 5 minutes.
2. Stir bread pieces and continue to cook until fully cooked.
3. Let cool.
4. Add to blender or food processor along with spices and blend/process until desired consistency.