

Spicy chickpeas

Serves 1

95g tinned chickpeas, drained

1½ tsp olive oil

½ tsp smoked paprika

½ tsp chilli powder

1 clove garlic, crushed

Method

Preheat oven to 180°C. Mix together the chickpeas, olive oil, paprika, chilli powder and garlic until the chickpeas are evenly coated. Spread out on a baking tray and cook in the oven for 15 minutes.

Banana nicecream

Serves 1

55g yoghurt, such as Greek, natural, soya

10g honey

120g banana, sliced and frozen

½ tsp ground cinnamon

½ tsp vanilla extract

Method

Blend everything in a liquidiser until smooth. Eat straight away or store in the freezer for a couple of hours to firm up. If left in the freezer for too long you will have to defrost before eating; to soften it up.