

Tips To Prepare Chickpeas For Your Baby



Soaking or germinating chickpeas may reduce the anti-nutritional compounds that can cause flatulence in babies.

Roasting or boiling chickpeas may also help reduce the anti-nutritional compounds.



Chickpeas should be soaked or cooked thoroughly to soften and increase their digestibility and bioavailability of their nutrients.

Add acidic ingredients to cooked chickpeas once they are tender.



Chickpeas can be mashed or pureed and served to babies to prevent choking and for easy digestion.