



**Knowledge @ Noon**  
**Tues., Oct. 15th**  
**12:00 pm**

*the*  
**CHICKPEA**

**Hummus move aside.  
Chickpeas are a nutrient-dense  
legume! This class will discuss  
how chickpeas can be used in  
different recipes to add fiber  
and protein. Includes a live  
food demo.**

**Program inside the Community Room  
at the Tonganoxie Public Library.**

