January 2024

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3ABN WORLD

MAGAZINE

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Jason Bradley 3ABN Dare to Dream Network General Manager

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PREPARED FOR SPIRITUAL WARFARE

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By Lucia Tiffany



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Is your body at risk of catching fire? Hopefully not, but maybe it's time to ensure that nothing's smoldering!

Risë Rafferty interviews health experts about how God designed our bodies, how we can boost our immunity, and how simple, practical strategies can lead to a healthier life. After all, we were made for health!

WED 3:00 a.m., 7:00 p.m. FRI 11:00 a.m. CENTRAL



PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

Where did the time go? How has another year passed into history so quickly? As I listen to the cold winds of winter whipping around the house, it seems like only yesterday I was sweltering under the hot summer sun! Time marches on—whether we like it or not.

As I write, I can hear the rhythmic tick, tick, tick of the wall clock—each tick representing one second. Time never stops; each second, minute, hour, day, and year that goes by can never be

regained.

One exciting thing about time marching on is that we are that much closer to Christ's soon return! But at the same time, it is a sobering thought, since the question begs to be asked: How do I spend my time?

Time is a precious gift from God. And when I think of time well spent, evangelism comes to mind—winning souls for God's kingdom! 3ABN is a beacon of light to the world—twenty-four hours a day, seven days a week. Through the thirty-nine years of 3ABN's existence, we've continually heard the testimonies



of how people "stumble" across 3ABN at just the right time in their life. We call those "divine appointments," and we praise God for them!

Thank you for being such an important part of 3ABN through your prayers and financial support. Time is running out for this world, so let's do all we can for the Lord while there's still time!

Greg Morikone 3ABN President



n the spiritual journey of a Christian, the concept of a spiritual war is deeply ingrained. Ephesians 6:12–13 serves as a constant reminder: "For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand."

These verses emphasize that our battles transcend the physical realm, and that victory in this war carries eternal ramifications that determine our destiny. The truth remains, we can only gain victory through Christ.

EXPOSING THE ENEMY

In this ongoing battle, Christians need the right tools to be triumphant, and 3ABN's Dare to Dream Network plays a crucial role by pointing people to Christ and exposing the tactics of the enemy. Our mission is to inspire viewers to stand firm in their faith and cling to the promises found in God's Word.

Our network offers spiritually enriched programs designed to guide believers on their journey through life; and our new Digging Deeper series complements this mission by delving deeply into God's Word. On the spiritual battlefield, it's imperative to have a solid foundation of truth and righteousness, and Digging Deeper acts as a guide to help believers gird their waist with truth and put on the breastplate of righteousness (Ephesians 6:14). Through deep discussions and insightful analysis, our viewers gain a deeper understanding of their faith. And by studying our fundamental beliefs and other significant topics, they acquire the necessary knowledge to stand up confidently to worldly opposition.

A new series called *A Wolf in Sheep's Clothing* deals with the subtle infiltration of modern-day spiritualism into our lives. Many people think that certain practices like yoga, acupuncture, Eastern meditation, and martial arts are harmless; but these practices carry spiritual perils many believers are unaware of.

A Wolf in Sheep's Clothing highlights the spiritual incompatibility of these practices with Christianity, and in each of the 16 powerful episodes, Blessings Winn and her expert guests unravel the hidden dangers lurking behind these activities by offering deep insight into the spiritual warfare they may unknowingly be engaged in.

PUTTING ON THE ARMOR OF GOD

As Christians, our faith requires us to equip ourselves with the armor of God. Ephesians 6:14–17 continues, "Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God."

These pieces of spiritual armor are not mere metaphors; they are the tools we need to withstand the onslaught of dark forces and persevere in our faith. Time is short, and the gospel must go forward with urgency. Jesus commissioned all of us, saying, "... 'All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.' Amen" (Matthew 28:18–20).

Media is an expeditious way to spread the gospel around the world, and 3ABN's

Blessings Winn hosts *A Wolf in Sheep's Clothing*. (L to R) Pastor Ryan Johnson, Pastor Gordon Fraser, and John Dinzey co-host *Digging Deeper*.

Dare to Dream Network takes the Great Commission very seriously. God is opening the doors to correctional facilities and transitional homes, and we're providing them with liberating programs through the mySDAtv Interless System.

Our Commander and Chief is Jesus Christ, and He assures us victory; so will you join forces with us in spreading the gospel? If so, please partner with us and become a digital disciple. Pray for guidance, asking the Lord to whom you should send our programs—and then visit 3ABNplus.tv to select the ones you feel impressed to share.

We're so grateful for your prayers and financial support, and we lift you and your loved ones up in prayer. We're all on this journey together, so may God continue to bless you as you study His Word.

If you're involved in prison ministry and would like to obtain a mySDAtv Interless system for your correctional facility, please reach out to me by email at jason.bradley@3abn.org

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ur first 3ABN School of Discipleship Intensive was a joyful event! You could feel the excitement in the room when 40 eager students gathered to dig deep into the Scriptures with their dedicated instructors—and they weren't disappointed!

"It was a fantastic time for all of us," says 3ABN's School of Discipleship Coordinator, Ryan Day, "and every student I spoke to said it changed their life by giving them new perspectives on evangelism and discipleship. Our goal was to not only help them become stronger followers of Jesus, but to also teach them how to excel in sharing their new-found knowledge, thus helping others to become disciples of Jesus, too!"

A Beautiful Experience

3ABN's Director of Discipleship, Pastor James Rafferty, is enthusiastic about the results. "God blessed abundantly," he begins, "and it was a beautiful experience to be part of. It was personal, relational, biblical, transformational, and inspirational. There was a wonderful class spirit, super staff support, and the one-on-one interaction made this discipleship event very ended. During that extra one-on-one time, hearts found hope, testimonies were born, and God gave answers and direction to people's lives.

"I've been involved in Bible training schools since the mid-1980s and this class was at the top on every level," Pastor James says. "I'm so thankful for God's blessings, and I look forward to our next Intensive in March."

What a Blessing!

Assistant Coordinator, Ian Vandervalk says that opening day was really exciting for him. "After hearing 3ABN President Greg Morikone announce that we were going to start a School of Discipleship, I just had to see him. I'd been an instructor during my years in the Army, and having graduated from the Amazing Facts College of Evangelism (AFCOE), I immediately wanted to be a part of it; so I had stepped into his office and said, 'I don't care what you might have me do, but I just want to be a part of this!'

"During registration, as the students began trickling in, I just thought, What a blessing this will be. But I couldn't have imagined how big of a blessing it actually turned out to be!



"I saw lives transformed—people who were spiritually depleted were filled and left on fire for the Lord! Some had come looking for direction, but left determined to become the person God called them to be. I also saw God work as we ministered during our one-on-one sessions after hours. I know I can speak for all of us when I say that we felt the presence of God in this school, and that we all became family! I was humbled and blessed to be a part of it."

"Jesus is coming sooner than we think," Ryan says. "We're called to co-labor with Him in finishing the work He came to do. He said, '... "My food is to do the will of Him who sent Me, and to finish His work" (John 4:34). I find inspiration in Ellen White's words: 'Someone must fulfill the commission of Christ; someone must carry on the work which He began to do on earth; and the church has been given this privilege. For this purpose it has been organized.'1

"It's our mission to raise up champions of truth and disciples in these last days. It's who we are; it's what we're called to do; and 3ABN's School of Discipleship was raised up to fulfill the divine commission given to us by Jesus Christ!"

Future Intensives

Our next Intensive will be held from March 8-17, and again, next summer. If you feel God's calling to be a disciple, we

¹Ellen G. White, Testimonies for the Church, Volume 6, 295.







(Clockwise): 3ABN President Greg Morikone starts the day with an inspiring morning devotional; SOD Coordinator Ryan Day addresses a class of eager students; 3ABN Director of Discipleship, Pastor James Rafferty, spends time with a student between classes; and joy filled our hearts as God brought us together as a family!

encourage you to visit 3ABNSod.com for more information.

Jesus' investment in human beings turned the world upside down, and we pray for Holy Spirit power to disciple others, too!

Spring Intensive MARCH 8-17, 2024 APPLICATION DEADLINE FEB. 9

JANUARY 2024 | 3ABN TV SCHEDULE

PT -2 hours • MT -1 hour • ET +1 hour Red titles are changes effective this month.

© = CLOSED CAPTIONED **∅** = LIVE PROGRAM ★ = NEW SERIES **○** = REPEAT OF LIVE PROGRAM

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0.00	MONDAY CENTRAL TIME
2:00a	
3:00	3ABN Homecoming 1hr
4:00	Table Talk C 1hr
5:00	
	Cook:30 CC
	Body & Spirit 🖪
6:30	
7:00	Tiny Tots for Jesus 🖸
7:30	Jesus My Light / Creation Crafts 🖸
8:00	3ABN Today Bible Q & A 🖸 1hr
9:00	Evolution Impossible CC
9:30	ASAP Ministries CC
10:00	Daniel All Access C 1hr
11:00	
12:00p	Behold the Lamb Presents 1hr
1:00	Off the Grid 🚾
1:30	Abundant Living G
2:00	Action 4 Life (Casio Jones)
2:30	Down to Earth CC
3:00	3ABN Today C 1hr
4:00	Kids Camp Kitchen Fun 🚾
4:30	Tiny Tots Kitchen/Tiny Tots Worship 🖸
5:00	Praise Him Now CC
5:30	IIW Sabbath School 🖸
6:00	Spotless CC 1hr
7:00	Unlocking Bible Prophecy 1hr
8:00	3ABN Today C 1hr
9:00	Summer Camp Meeting 1hr
10:00	The Carter Report 1hr
11:00	3ABN Today C 1hr
12:00a	The Carter Report 1hr
1:00	Mark Finley Presents C 1hr

Broad Francas

Broadcasting the gospel in French!

Français Watch

Watch 3ABN Français Network 3ABNFRANCAIS.TV

TUESDAY CENTRAL TIME 2:00a Optimize 4 Life GG 2:30 The Incredible Journey GG 3:00 Sanctuary, Salvation, & Our Savior GG 3:30 Autherntic GG 4:00 Piano Praise GG 1hr 4:30 Adventures in Missions 5:00 Salvation in Symbols & Signs - Revelation GG 6:00 Body & Spirit Aerobics GG 7:00 Tiny Tots for Jesus GG 7:00 Maranatha Mission Stories GG 8:00 3ABN Today LIVE O 2trs 11:00 Featured Ministries GG 11:30 When We Talk GG 12:00 Mork Finley Presents GG 1hr 11:00 Multitude of Counselors GG 13:00 Mosion Revival/Journeys GG 3:00 Mission Revival/Presents GG 1hr 1:00 Mission Sol GG 6:30 It Is Written GG 7:00 Amazing Facts with Doug Batchelor GG 7:00 Multitude of Counselors GG 1:00 Mission Revival/Journeys GG 3:00 Mission Revival/Presents GG 1hr 1:00 Mission Sol GG 6:30 It Is Written CGG 7:00 Amazing Facts with Doug Batchelor GG 7:00 Multitude of Counselors GG 1:00 Moshackled Purpose/Intimate Clarity GG 5:00 Unshackled Purpose/Intimate Clarity GG 6:00 Mission 360 GG 6:00 Mission Revival/Presents GG 1hr 1:00 Amazing Facts with Doug Batchelor GG 7:00 Amazing Facts with Doug Batchelor GG 7:00 Made For Health 1hr 7:00 Amazing Facts with Doug Batchelor GG 7:00 Mission Revival/Presents GG 1hr 7:00 Made For Health 1tr 7:00 Amazing Facts with Doug Batchelor GG 7:00 Mission Revival/Presents GG 1hr 7:00 Mission Revival/Precipes from Russia 7:00 Mission Revival/Prec		N E	TWORK	SADITI NATICALS.TV
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From inner cities to the jails, Jesus loves them all!

Scan the QR code with your smartphone to quickly donate to 3ABN Dare to Dream with PayPal.



THU	RSD	ΔΥ	CENTE	2ΔΙ	TIME

2:00a	Lavmer	n Ministries	cc

- 2:30 Maranatha Mission Stories CC
- 3:00 House Calls C 1hr
- 4:00 The Carter Report 4:00 Thr
- 5:00 Discover CC 1hr
- 6:00 Body & Spirit Aerobics
- 6:30 Jesus for Asia Now CC
- 7:00 Kids Camp Kitchen Fun
- 7:30 Tiny Tots Kitchen / Tiny Tots Worship
- 8:00 3ABN Today CC 1hr
- 9:00 ASI Conventions C 1hr
- 10:00 From Sickness to Health
- 10:30 Eternal Truths Matter
- 11:00 God's Last Message to the World C 1hr
- 12:00p Spotless C 1hr
- 1:00 Ultimate Prescription
- 1:30 Amazing Facts with Doug Batchelor CC
- 2:00 Body & Spirit CC
- 2:30 Country Wisdom
- 3:00 3ABN Today CC 1hr
- 4:00 Creation Crafts / Creation Is! Science
- 4:30 The Creation Case CC
- 5:00 Sabbath School Panel G 1hr
- 6:00 The Carter Report C 1hr
- 7:00 Bible Answers Live CC 1hr
- 8:00 3ABN Today LIVE 42 2hrs
- 10:00 Kenneth Cox Ministries C 1hr
- 11:00 3ABN Today **CC** 1hr
- 12:00a Bible Answers Live CC 1hr
- 1:00 3ABN Today LIVE 2 2hrs

FRIDAY CENTRAL TIME

- 3:00 Strategies for Strongholds
- 3:30 Live to Be Well
- 4:00 The Incomparable Jesus
- 4:30 Action 4 Life GG
- 5:00 Evolution Impossible CC
- 5:30 Ultimate Prescription
- 6:00 Body & Spirit CC
- 6:30 Contending for the Faith
- 7:00 Amazing Adventures 1hr
- 8:00 3ABN Today CC 1hr
- 9:00 Optimize 4 Life CC 1hr
- 9:30 Cook:30
- 10:00 Enjoy Healthy Eating
- 10:30 Life After Choice / Divine Design
- 11:00 Made For Health
- 11:30 Unshackled Purpose/Recipes from Russia
- 12:00p Generation, Youth, Christ, G 1hr
 - 1:00 Behold the Lamb Presents C 1hr
- 2:00 Raw Questions Relevant Answers/Journeys
- 2:30 HeartLift CC
- 3:00 3ABN Today CC 1hr
- 4:00 A Day With the King G
- 4:30 Sing Along / Jesus My Light
- 5:00 Authentic CC
- 5:30 Your Favorites By Request
- 6:00 Jesus for Asia Now CC
- 6:30 Child Impact Int. / Unshackled Purpose
- 7:00 3ABN Sabbath School Panel C 1hr
- 8:00 3ABN Today Family Worship C 1hr
- 9:00 It is Written CC
- 9:30 Maranatha Mission Stories
- 10:00 Mission 360 CC
- 10:30 Child Impact Int. / Pause to Pray
- 11:00 3ABN Today Family Worship 1hr
- 12:00a ASI Conventions CC 1hr
- 1:00 Breath of Life
- 1:30 Eternal Truths Matter CC



- 2:00a Praise! CC
- 2:30 It Is Written CC
- 3:00 Daniel All Access C 1hr
- 4:00 Revelation Now CC 1hr
- 5:00 Revelation Insights C 1hr
- 6:00 Amazing Facts with Doug Batchelor
- 6:30 Tiny Tots for Jesus CC
- 7:00 Sing Along / Bible Gems CC
- 7:30 IIW Sabbath School
- 8:00 3ABN Today CC 1hr
- 9:00 3ABN Sabbath School Panel C 1hr
- 10:00 3ABN Worship Hour C 1hr
- 11:00 Pioneer Media CC 1hr
- 12:00p Summer Campmeeting C 1hr
- 1:00 3ABN Today Bible Q&A CC 1hr
- 2:00 Praise Him Now
- 2:30 Adventist World Radio
- 3:00 3ABN Today CC 1hr
- 4:00 Maranatha Mission Stories CC
- 4:30 3ABN Music CC
- 5:00 Breath of Life CC
- 5:30 Featured Ministries CC
- 6:00 Laymen Ministries
- 6:30 Salvation in Symbols and Signs
- 7:00 Secrets Unsealed Presents 1hr
- 8:00 3ABN Today CC 1hr
- 9:00 White Horse Media
- 9:30 Sanctuary, Salvation, & Our Savior
- 10:00 Mark Finley Presents C 1hr
- 11:00 3ABN Today CC 1hr
- 12:00a Discover CC 1hr
- 1:00 Secrets Unsealed Presents CC 1hr

New Series A Wolf in Sheep's Clothing

With Blessings Winn

YOGA

ACUPUNCTURE

So many Christians are being deceived by the seemingly harmless ideas behind yoga, mindfulness, meditation, contemplative prayer, acupuncture, martial arts, and other powerful deceptions.

But God always fights for His children!

Don't miss these powerful stories about how far our Heavenly Father will go to break Satan's spell and bring His children back to Him!

Starting January 3 on 3ABN WEDNESDAYS at 7:30 p.m. SUNDAYS at 3:30 a.m.

On Dare to Dream Network THURSDAYS at 4:00 a.m., 12 noon, and 9:00 p.m.

ALL TIMES CENTRAL

Not by Chance

od delights in answering the prayers of those who honestly seek truth, and since the early days of 3ABN, we've been hearing stories of folks who flipped through their TV channels and suddenly found 3ABN. Some had motorized satellite dishes that got stuck on 3ABN. And still others picked up one of our TV stations that was too far away—or even on the wrong side of a mountain! There are those who found us when confined to their bed during an extended illness, and still others who found us after a power failure forced them to re-scan their TV channels. All of them unexpectedly discovered new Bible truths on 3ABN that changed the course of their lives. And now, here's an answer to prayer that involved a truck that stalled out in front of a radio tower in Australia!

A Truck, a Tower, and Truth

"When I was five, my devout Church of England grandmother gave me a Bible," Steve begins. "But it stayed in its box until 2009, after I lost a dear friend who

drowned. I listened to a TV preacher who said, 'Find a Bible-based church and God will take you places!' I thought that was absurd, but it was enough to start me reading that Bible. Strangely, after a few months of steady reading, I stopped smoking and drinking, and started exercising again. Then, during a trip to the U.S., I visited different Sunday churches, but the pastors made no sense. So I kept reading my Bible, and after I was home in Australia, I got to the book of Revelation. I wondered how anyone could understand it, and I threw my Bible on the bed and said, 'God, if this is real, you need to show me. These signs and symbols don't make sense!'

"Two weeks later, my truck went dead in front of a radio tower. I scanned for the signal, and lo and behold, it was 3ABN Radio, broadcasting *The Midnight Cry* with Kenneth Cox. *He was speaking on the exact things in Revelation that I couldn't understand*. I listened to 3ABN Radio for weeks, and even gave my heart to Jesus in my truck!



When they spoke of the Sabbath, I thought it was crazy. After all, everyone goes to church on Sunday, don't they? Weeks went by, and every time I listened, they spoke about the Sabbath. Finally, I was convinced; so I walked off the street into a Seventh-day Adventist church and asked to be baptized! Long story short, I was baptized at the age of 30 in 2010. I learned how to give Bible studies, and eventually, I went to college for a theology degree. I now look after a beautiful little church in Bray Park (a suburb of Murwillumbah, New South Wales), as well as a church plant in Pottsville. God is good. Sometimes I pinch myself, and ask, Am I really a pastor now?

morning like never before. You see, I've been struggling with vaping after 25 years of smoking cigarettes, and your sermon, 'Seven Keys for Overcoming Temptation,' was absolutely powerful—straight from Heaven! Thank you, and bless you."

And finally, here's a letter from a Dare to Dream viewer who found new truths by watching our programs during the COVID-19 pandemic:

"Father God used the pandemic to break me from an oppressive church and social environment—a 'get along to go along' type of thing. I remember that for years in this oppressive environment, I would ask Him to heal me and save me; but I

"I threw my Bible on the bed and said, 'God, if this is real, You need to show me."

I've had the privilege of baptizing my dad, my uncle, and my brother. And now my mum's baptized, too! God is calling His people home. Jesus is coming!"

Timely Programs

A sermon by Pastor Mark Finley titled, "Stop Telling God Your Problems," struck a chord with a viewer who writes, "I thank God for you, pastor. God led me to you, and you have been a blessing to me. Your sermons have changed my life from hopelessness to hope. I used to carry guilt that God hadn't forgiven me, but now I am free. My faith was low, but now I look to Jesus. I was hopeless, but now I am hopeful. Thank you, Jesus, for loving me."

Another viewer was struck by the timing of a sermon by Pastor David Shin and wrote, "Oh wow, Pastor Shin, what an immeasurable blessing Jesus has given us through you! I prayed for help this

could not hear Him, and I really didn't know Him, even when I thought I did. I heard everyone else ... but not the Father. Then, as horrific as the pandemic was, God delivered me! He broke the unholy yokes and I began to heal It's been three years, and this entire time, Father God told me to keep going even when I felt like giving up. Now, after hearing this program and other sound biblical teachings, Father God is confirming and revealing the 'why' behind my deliverance and healing. I am very thankful and humbled by how much our Heavenly Father loves us. His plan for us is not an afterthought!"

We love hearing your stories because we know that nothing happens by chance. God orchestrates them all, and He will move Heaven and Earth to reach His children! He will always bless our efforts to introduce lost souls to Jesus Christ.

What Does the Bible Say?

ave you wondered how to respond to the growing LGBTQ+ movement in the Christian Church? What does the Bible say about this subject? Can the Christian Church affirm LGBTQ+ members and still remain true to its biblical roots?

A new booklet, *Can the Christian Church Affirm LGBTQ+?* by 3ABN founder Danny Shelton offers practical insights for churches and leaders who seek to address this issue without compromising their beliefs by offering a biblically-based perspective.

"The Christian Church is being divided like never before over the acceptance of LGBTQ members and leaders," Danny says, "However, the question begs to be answered: is homosexuality still a sin against the seventh commandment of 'You shall not commit adultery,' or has the meaning of sin and its consequences been reimagined to fit the secular culture in which we live? Understanding the definition of sin and its consequences means understanding the difference between eternal life and death! We may all have our own opinions of what constitutes sin, but the Bible clearly defines sin for us. 1 John 3:4 (KJV) says, 'Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.'

"My goal in writing this little book is to help people understand the God-given responsibility of the last-day Christian Church and how it applies to sin and sinners. I can start by saying that it is *not* the church's responsibility to judge the human heart. 1 Samuel 16:7 says, 'For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart.' The church is all about mending broken people through the good news of salvation and deliverance from a sin-sick world. But I can tell you for sure that there is a great controversy between Christ and Satan, and today, the enemy is invading the Christian church with false doctrine like never before."

3ABN President Greg Morikone says, "This powerful present-truth booklet covers this critical issue in a biblical, balanced, and loving way. If we compromise on God's Law, Satan has us on a slippery slope; so I encourage you to get a case of booklets to share with your church, Bible study group,

or whomever the Lord impresses you to give them to. The booklets are free—just pay for shipping in the U.S. Don't miss this opportunity to help others understand what the Bible says about this important subject."



INGREDIENTS

- 6 cups garbanzos, well cooked, drained
- 4 tsp granulated garlic
- 1 Tbsp granulated onion
- 2 tsp chicken-style seasoning

DIRECTIONS

- 1. Place garbanzos in bowl.
- 2. Toss with all the seasonings.
- 3. Spread out on large, parchment-lined cookie sheet.
- 4. Bake at 400°F until crispy and lightly toasted, turning every 10 minutes.
- 5. Store in airtight glass jar.

- 1 Tbsp nutritional yeast flakes
- 1 tsp sweet paprika
- pinch cayenne (optional)
- sprinkle of smoked paprika



Lucia Tiffany is a frequent guest on *3ABN Today* and offers online coaching and instruction, specializing in preventing and reversing diabetes. Watch her on our 3ABN+ app or on 3ABNPlus.tv

Place in refrigerator or freezer if keeping more than two weeks to maintain freshness. If they lose their crunch, just heat them in a hot oven or air fryer for a few minutes.

Pay only \$28 shipping in the U.S. for a case of 200 booklets

3ABNStore.com (618) 627-4651



Find this cooking video on 3ABNPlus.tv!

Just look for "Diabetes-defying Vital Veggies" (TDYC230007)



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