

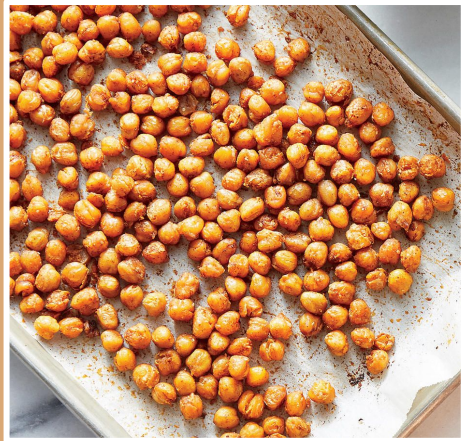
Crispy Roasted Chickpeas

yield: 4 SERVINGS

cook time: 25 MINUTES

prep time: 5 MINUTES

total time: 30 MINUTES



INGREDIENTS

2 15-oz cans chickpeas

2 tbsp olive oil

1 tsp sea salt

1 tsp sweet or savory

spices of choice

*Make these for a healthy,
satisfying crunchy snack.
Snack on them alone, or add
to salads!*

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Rinse & drain chickpeas. Pat dry with a paper towel.
3. Toss chickpeas with oil, salt, and preferred spices.
4. Spread chickpeas on nonstick or lined baking sheet.
5. Roast in oven for 20 - 30 minutes, until golden and crispy.
6. Let cool 5 minutes & enjoy.

Savory Spices: cayenne pepper, curry powder, paprika, garlic powder.

Sweet Spices: granulated sugar, honey, cinnamon, brown sugar, ginger.

Use as a Topping on: salad, greek yogurt, roasted vegetables.

Alternative Cooking Methods: toaster oven or air fryer both work well for roasting, just adjust the timing accordingly!