

Roasted Chickpeas

Ingredients

- ☐ 1 (16 ounce) can chickpeas (garbanzo beans), drained & rinsed
- ☐ 2 tablespoons olive oil
- ☐ salt (optional)

Directions

1. Preheat oven to 400 degrees F
2. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt. Spread on a baking sheet, and bake for 40 minutes, until browned and crunchy. Shaking pan every 10 minutes

Lime & Sea Salt

Finely grate zest from 1 lime
½ tsp sea salt
2 whole green onions, thinly sliced

Salty & Sweet

1 tsp cane sugar
1 tsp cinnamon
½ tsp sea salt

Herbed Garlic

2 tsp fresh rosemary minced
1 tsp finely grated lemon zest
½ tsp garlic powder

Curried

1 tsp curry powder
1tsp ground cumin
1 tsp paprika
¼ tsp sea salt

Tex-Mex Spice

1 tsp ground cumin
1 tsp chili powder
½ tsp salt
¼ tsp cayenne pepper
1 tbsp minced fresh cilantro

Toss your choice of seasonings while chickpeas are still warm

Play with other flavours – you are only limited by your imagination 🤪 ENJOY