

Roasted Chickpeas

Ingredients:

1 can of chickpeas (or approx. 2 cups cooked chickpeas)

1 Tbsp olive oil

Salt to taste

1 tsp garlic powder

1 tsp onion powder

1 tsp cumin

OR salt with 1 tsp cinnamon and 1 tsp cinnamon

Preheat oven to 400F

Drain and rinse 1 can of chickpeas

Pat dry with a paper towel or tea towel

Mix in a bowl with 1 Tbsp olive oil

Add in spices and mix well.

Line baking sheet with parchment paper

Roast chickpeas for 20 minutes. Give the pan a little shake to roll the chickpeas around and roast for another 10 to 15 minutes until golden and crispy.

These make a great snack or salad topper!

