

SPICE ROASTED CHICKPEAS

A crunchy high fiber snack or a crispy salad topping!

Ingredients

- 1 can** chickpeas
- 1/2 tsp.** cumin
- 1/2 tsp.** turmeric
- 1/2 tsp.** garlic powder
- 3/4 tsp.** curry powder
- 3/4 tsp.** chili powder
- 1/2 tsp.** brown sugar
- salt & pepper to taste
- 2 tsp.** olive oil

Directions

1. Rinse chickpeas
2. Place in single layer on clean paper towels and carefully roll to dry. The skins can be removed at this point (optional). The drier the pea the crispier it will be!
3. Add chickpeas and seasonings to a mixing bowl. Toss. Add olive oil. Toss again. (This seasoning mix is like a Curry BBQ flavor, feel free to use another mixture!)
4. Spread in single layer on nonstick baking sheet.
5. Roast 15- 20 min. Toss. Roast for another 10-15 min. until crisp and brown. Let cool and enjoy!