

Chick Pea Salad



PREP TIME:
10 MINUTES

TOTAL TIME:
10 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4-6 Servings

Ingredients:

- 1 15 oz. Can Organic Chickpeas - Drained
- 2 Celery Stalks – Ends Removed - Diced
- 2 TBSP – Red Onion - Minced
- 2-3 TBSP – Organic Walnuts – Chopped
- 1 Organic Medjool Date – Chopped
- 1 TSP Fresh Squeezed Lemon Juice
- 4 TBSP Organic Vegenaïse
- ½ TSP Himalayan Sea Salt
- 1 TBSP Flat Leaf Parsley - Chopped

Instructions:

1. Pour chickpeas into medium bowl. Mash up with a potato masher – not too much – there should be pieces of the pea (not necessarily whole).
2. To same bowl add all remaining ingredients.
3. Mix until combined.
4. **Recommendations:** Serve over an organic leafy green salad / serve in a GF wrap with spinach and avocado / serve as a side dish with your meal

***Try and use all organic ingredients if possible.**