

# Crispy Chickpeas



PREP TIME:  
5 MINUTES

COOK TIME:  
50 MINUTES

TOTAL TIME:  
55 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 5-6 servings

## Ingredients:

- 1 15 oz. Can Organic Chickpeas (non-BPA lined)
- 1 ½ TBSP Extra Virgin Olive Oil
- 1/8 Teaspoon Himalayan Sea Salt
- ½ Teaspoon Garlic Powder
- **Optional:** Other seasonings – Thyme / Rosemary / Chili Powder for Spicy / Maple Syrup for Sweet

## Instructions:

1. Preheat oven to 350 degrees.
2. Drain can of chickpeas and dry on a towel or paper towel.
3. Pour dried chickpeas into a medium sized bowl. Add the chickpeas, olive oil, sea salt, and garlic powder.
4. Stir gently until chickpeas entirely coated.
5. Lightly spray a baking sheet with olive oil and pour chickpeas evenly onto pan.
6. Roast in oven for about 50 minutes until start to brown and look crispy. They will shrink in size.
7. Let cool completely before putting in a bowl. Best eaten when cool for highest crispy factor.
8. **Serving Ideas:** As a snack, over salad, accent to a meal.

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

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