



SPICY ROASTED CHICKPEAS

MAKES 6 SERVINGS

Ingredients:

- 15 oz chickpeas (1 can, drained and rinsed or dried chickpeas that have been soaked, boiled, then drained)
- 1 Tbsp olive oil
- 1 Tbsp chia seeds
- ½ tsp cayenne pepper
- ¼ tsp cumin, ground
- ¼ tsp paprika, ground
- Salt to taste

Directions:

Preheat the oven to 425 degrees. Combine chickpeas, olive oil, seasoning, and chia seeds in a large mixing bowl to evenly coat chickpeas. Transfer to a baking pan and roast in the oven approximately 45 minutes until the chickpeas are crispy and crunchy. Cool, then store in an airtight container in the refrigerator.