

Roasted Chickpeas

(C,D,E,G,N,S,V,Y)

Ingredients

½ cups dried chickpeas or 1 375ml can of chickpeas

¼ cup olive oil

Spices of your choice (my favorites include, sea salt, pepper, cumin, chili, cayenne and a dash of oregano)

Directions

1. Preheat your oven to 350°F.
2. If using dried chickpeas soak them over night (approximately 6-10hrs) then rinse them in a collider. If using canned chickpeas drain and rinse the chickpeas in a collider. Set chickpeas aside.
3. In a medium mixing bowl, mix oil and your spices of choice; you will need to play with the spices you enjoy and the amount you enjoy depending on how strong of flavor you like.
4. Add the chickpeas to the oil mixture and mix thoroughly until all chickpeas are equally coated. Pour coated chickpeas out onto a flat baking sheet and spread them out evenly.
5. Bake for about 45-50min until golden brown.
6. Allow chickpeas to cool completely before serving. Your roasted chickpeas will keep in a glass container for approximately 2 weeks.
7. Enjoy!

Dr. Amber McKinnon ND

Le Soleil Health and Wholeness

15; 9353 50 St Edmonton AB T6B 2L5 Phone: 780 414 1466 Fax: 780 414 1460