

Chickpea Nuts (Toasted Chickpeas)

Pre-heat oven to 325

Ingredients:

Around 2 cups, or 1 can cooked chickpeas, drained very well

2 tsp. Coconut Oil

1 dash each Garlic Powder, Oregano and Chipotle OR Chili Powder

salt and pepper

Method:

1. Melt coconut oil and add to chickpeas. Add spices and salt and pepper.
2. Bake on sheet tray for 45 – 50 minutes or until crunchy. You may need to remove some peas that cook faster, or simply turn oven off, leaving door ajar to dry and crisp up further.

Makes a great snack or crouton substitute!