

## Spicy Roasted Chickpeas

Try this recipe for a satisfying high-protein plant-based snack! The spice blends you can choose from are endless- Cajun, Indian, chili powder, cumin...

### INGREDIENTS

One 15-ounce can garbanzo beans  
1 tablespoon olive oil  
Sea salt  
Spice blend of your choice (I used Garam Masala)

### INSTRUCTIONS

Preheat oven to 400F. Drain the can of garbanzo beans in a strainer and rinse with water.

Place garbanzo beans on cookie sheet and dry off with a paper towel. Drizzle olive oil and toss beans to coat. Roast for 30-40 minutes until the beans are a deep golden brown and crunchy. Season with sea salt and spice blend.