

## 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...

### RECIPE

One 15-ounce can garbanzo beans

1 tablespoon olive oil

Sea salt

Spice blend of your choice (I used Garam Masala)

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.

Tip: Make this ahead of time for your work week! Pre-portion into snack bags for a portable snack.

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