

Spicy Roasted Chickpeas Recipe

2 cups cooked chickpeas (or 2 cans organic, no salt)
1 tablespoon sunflower oil or melted ghee
1/4 teaspoon cayenne pepper
1/2 teaspoon turmeric powder
1 teaspoon cumin powder
salt (but go easy)

Preheat oven to 425 degrees Fahrenheit.

Rinse chickpeas and let them air dry for a few minutes

Place in a bowl and mix with sunflower oil or ghee until evenly coated.

Add cayenne, turmeric, cumin and salt. Mix well until evenly coated.

Place evenly on a baking tray. Roast for 35 minutes, mixing every 15 minutes until they are golden and crunchy. It may take up to 50 minutes depending on how dry and crunchy you want them to be.