

FROM THE KITCHEN OF
AMBER HANSON, LN

Crunchy Chickpeas

INGREDIENTS

- 1 can (15-ounces) chickpeas, drained, rinsed, patted dry
- 2 Tbsp. avocado oil
- tsp. salt
- tsp. garlic powder
- tsp. smoked paprika

METHOD

1. Heat oven to 400° F.
2. Toss beans with oil; spread on a rimmed baking sheet.
3. Bake for 40-45 minutes until deeply brown and crunchy. Season immediately.
4. Cool and store in an airtight container.



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