

THE ULTIMATE ROASTED CHICKPEAS

Prep Time: 5 Mins

Cook Time: 40 Mins

Total Time: 45 Mins

INGREDIENTS

- 1 can of BPA chickpeas cup
- 2 tbsp extra-virgin olive oil
- 1 tsp salt
- 1 tsp black pepper
- Paprika (optional)
- Cumin (optional)

INSTRUCTIONS

1. Turn your oven on to 350
2. Drain a can of BPA chickpeas and pat dry.
3. Toss them in a few TBS of olive oil, sea salt, and black pepper. You can add a little paprika or cumin as well.
4. Bake in the oven on a lined baking sheet for 40 minutes.
5. Remove from the oven and then squeeze some lime over them.
6. Pack them in a Tupperware or 1/2 cup mason jar and take them to work!

DELICIOUS AND
NUTRITIOUS



RECIPES BY

TAMERSOLIMAN

OAC Holistic Nutritionist