

Roasted Chickpeas

A Tasty Alternative to Crisps

Ingredients

1 400g tin chickpeas, drained
1Tsp Olive or Rapeseed oil
1Tsp Ground Cumin
1Tsp Ground Coriander
1Tsp Paprika
Salt/Pepper

Store in an airtight
container to keep fresh
- if there's any left!

TIP: You can mix up the spices to what you have available and to your taste. Maybe a little chilli powder if you like it spicy!

Method

- 1 Preheat the oven to 180°C.
- 2 Mix together the chickpeas with the oil, Cumin, Coriander and paprika. Season with pepper and a little salt. Mix together well.
- 3 Place on a baking tray and roast for 30-40 minutes, turning half way through. Take out the oven when crunchy.
- 4 Enjoy!