

SEEDS

Spicy Roasted Chickpeas

1 can (15 ounces) chickpeas, drained and rinsed
1 tablespoon extra-virgin olive oil
1/3 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1/8 teaspoon salt

Preheat oven to 400 degrees. Line a large rimmed baking sheet with parchment paper.

Pat chickpeas dry with a paper towel. In a medium bowl, combine the olive oil, cumin, cayenne pepper and salt. Add chickpeas and toss to coat.

Spread chickpeas out in a single layer on prepared baking sheet.

Bake in preheated oven 30 minutes. Turn off oven and leave chickpeas in oven an hour or until they reached your desired crispiness. Remove from oven, cool completely and store in an airtight container.

