

## BAKED SPICED CHICKPEA SNACK



### INGREDIENTS

1 1/2 Tbs. oil

25 oz. can chickpeas

**Spice Mix Ingredients** (from a Vegetarian Times recipe used for a nut mix):

2 tsp. coconut sugar

1 1/2 tsp. ground cumin

1 1/2 tsp. sweet paprika (I used La Chinata smoked sweet paprika from Spain)

1 tsp. cayenne pepper

1/2 tsp. garlic powder

1/2 tsp. ground allspice (Optional)

1/2 tsp. salt (Optional. Omit if you want the mix to be just sweet & spicy)

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Preheat the oven to 425°.

Wash and drain the chickpeas. Place the clean chickpeas on 2 layers of paper towels and gently rub the tops of them with another layer of paper towels. You want to get the chickpeas as dry as possible. Notice that some of the chickpea's skins will come loose. Remove the skins.

While the chickpeas are air drying further, make the spice mix. Pour all of the spices into a bowl and mix well (I used a mortar and pestle so I could grind the spices together). This recipe will not use all of the mix, so reserve the excess for later.

Place the clean and dry chickpeas in a bowl and coat them with the oil. Once coated with oil, sprinkle on the spice mix to taste (I used 3 tsp.).

Place the seasoned chickpeas on a lined cookie sheet (I used a Silpat) and put the sheet in the oven for 40-60 minutes. Carefully watch the chickpeas at the end as they can quickly burn. Once done, the chickpeas will be browned and crunchy. As the chickpeas cool they will become even crunchier.

<http://veggiegrettie.com/2011/01/26/baked-spiced-chickpea-snack/>