

Crispy Roasted Chickpeas



PREP TIME

15 mins

COOK TIME

40 mins

TOTAL TIME

55 mins



COURSE

Gluten Free, Snacks



SERVINGS

7

CALORIES

162 kcal

EQUIPMENT

- baking sheet
- parchment paper
- Towel
- Medium-sized bowl
- whisk
- Ziplock baggies (for storage)

INGREDIENTS

- 45 oz (3 15oz) cans chickpeas drained
- 3 Tbps chickpea liquid
- 3 tsp chili flakes
- 1 lime juiced
- 1 1/2 Tbsp sweet paprika
- 3 tsp cumin
- 3 tsp garlic powder
- 3 tsp salt

INSTRUCTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Drain the chickpeas, saving 3 tbsp of their liquid (aquafaba) and transfer them into a clean towel. Pat them until they are really dry, removing any shells that have loosened in the process.
3. Arrange the dry chickpeas in a single layer on your prepared baking sheet and place it in the oven.

4. Bake for 25 minutes while whisking together the 3 tablespoons of chickpea liquid, lime juice, chili flakes, paprika, cumin, garlic, and salt in a medium-sized bowl.
5. Once the 25 minutes have elapsed, add the half-roasted chickpeas to the coating in the bowl and mix well.
6. Now, place them back on the baking sheet in a single layer and roast for 15 more minutes, until crispy and golden.
7. Remove the baking sheet and let the chickpeas cool for at least 10 minutes before eating!
8. Divide equally into 7 ziplock baggies and store in the fridge.

NUTRITION

Nutrition Facts	
Crispy Roasted Chickpeas	
Amount Per Serving	
Calories 162	Calories from Fat 27
% Daily Value*	
Fat 3g	5%
Carbohydrates 27g	9%
Protein 8g	16%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!