



CHICKPEA SALAD SANDWICH

Makes 4 Servings

INGREDIENTS

- 1 (15 oz) can of chickpeas, drained and rinsed, or 2 cups cooked chickpeas
- 3 Tbsp vegan mayo or ½ mashed avocado
- 2 green onions, sliced
- ½ red onion, chopped
- ½ cup dried cranberries
- 1 stalk celery, diced
- ½ apple, diced
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt and pepper, to taste
- Sliced tomato, for serving
- Sprouts, for serving
- Whole grain bread, for serving

DIRECTIONS

1. In a large bowl, mash chickpeas.
2. Add onions, cranberries, celery, apple and seasonings and stir.
3. Mix in vegan mayo or mashed avocado. Season to taste with salt and pepper.
4. Serve on grainy bread with sprouts, tomato and more avocado.