

Crispy Chickpeas



Ultimate grab-and-go snack! Grab a bag when you are heading out the door. They will last for about one month without refrigeration.

Yield: 2 cups

Ingredients	Quantity	Comments
Chickpeas	2 cups	You can use canned chickpeas, but they are crispier if you cook dried chickpeas really well (until the skin is split). This is easier in a pressure cooker.
Olive oil	½ - 1 Tbsps.	Substitute with any other oil
Sea salt	¼ tsp	
Seasoning	To taste	I use a different seasoning every time!

Instructions

Mix Ingredients

- Let the chick peas air dry. Put them in a large bowl and evenly coat with the oil, salt and seasonings.

Dehydrator

- Spread them evenly on a mesh sheet and dry until crispy.

Oven

- Preheat oven to about 400°F and put the rack in the middle position
- Pour the chickpeas in a cookie sheet with sides and bake for 20 – 30 minutes. Depending on your oven, you may need to stir them a few times for them to evenly bake.

Note: A dehydrator is much easier, because it won't burn.