

Spicy Garlic Roasted Chickpea Snacks

Ingredients

- 1 15 oz. can (1 ½ cups) of chickpeas
- 2-3 cloves of garlic
- 1 tsp. red chili flakes
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 tbsp. olive oil

Steps

1. Preheat the oven to 400°F (200°C). Drain the chickpeas (save the liquid for another recipe!) and rinse them well. Gently pat dry and put in a large bowl.
2. Mince the garlic, and add it to the chickpeas. Add all the other ingredients (chili flakes, salt, pepper, and oil) and toss until it is evenly mixed.
3. Place in the preheated oven for 25 minutes. Remove from the oven and allow to cool before eating.

