

# TOASTED CHICKPEAS

**Time: 60 minutes**

**Serves: 4**

### Ingredients:

540ml can chickpeas - rinsed and drained  
20g extra-virgin olive oil  
4g kosher or sea salt  
1.5g garam masala  
1.5g garlic powder  
1.5g chilli powder

### Preparation:

Preheat your oven to 180C.

Pour the chickpeas on a paper towel lined baking sheet. Place more paper towel on top of the chickpeas and roll them under your hands to remove any loose outer skins.

Combine the remaining ingredients in a bowl and toss the chickpeas in the mixture.

Pour onto a clean baking sheet and place in the oven for fifty minutes, turning once.

Remove from heat and let cool before serving.

### Nutritional Information Per Serving:

Calories: 198  
Fat: 8g  
Carbs: 26g  
Fibre: 7g  
Protein: 8g