



▶ | mama reset | ◀

CRISPY ROASTED CHICKPEAS

Delicious by the handful or a flavourful, fibre-packed topping for salads + grain bowls.

INGREDIENTS

YIELDS 2 CUPS

- 2 (15-oz) cans no-salt added chickpeas, drained + rinsed
- 2 tablespoons olive oil
- $\frac{3}{4}$ tsp sea salt or kosher salt
- 1 tsp smoked paprika
- $\frac{1}{2}$ tsp each: garlic powder, thyme + chilli powder (or use all spices/herbs of choice)

HEY, MAMA...

- No-salt chickpeas are a great finger food for toddlers. Press lightly to reduce roundness.

INSTRUCTIONS

- 1** Preheat oven to 400 F. Pat peas with clean towel or paper towels until matte + dry to the touch.
- 2** Spread chickpeas evenly on a baking sheet. Add oil + salt; mix by hand to coat evenly.
- 3** Roast 20-30 min, stirring or shaking pan every 10 mins until lightly browned, dry + crispy.
- 4** Add spices to peas; stir to coat evenly. Serve warm. To re-crisp, warm in 400 F oven for 5 min

MORE RECIPES + MEAL PREP ADVICE
FOR MAMAS AT:

[THEMAMARESET.COM](https://www.themamareset.com)