

Smokey Spiced Roasted Chickpeas

Ingredients

- 1 tin or 2 cups of pressure cooked chickpeas
- 2 tbsp olive oil or spray
- 1 tsp Spanish Smoked Paprika
- ½ tsp garlic powder
- ½ tsp Ras el Hanout
- salt and pepper to taste

Instructions

- Preheat oven to 180 degrees celsius.
- In an oven tray put the chickpeas and spray liberally with olive oil.
- Sprinkle the spices, salt and pepper over the chickpeas.
- Toss the chickpeas in the oil and spices so that that they are all evenly coated.
- Put the tray in the oven and roast the chickpeas for 30 minutes or longer if you want them crispier.
- These smokey spicy chickpeas are great as a snack on their own or tossed into a salad or with roast vegetable dish.
- If you use an airfryer then 12-15 minutes to make them crispy. shaking every 5 minutes.

Chickpeas are high in fiber, protein and complex carbohydrates. They are also a good source of folate, iron, magnesium and potassium.