

SNACK

Serves: 2

Glycemic Load: 6

Roasted Chickpeas



Ingredients:

Dry Ingredients

1 cup dried [chickpeas](#)

1 Tbsp [coconut oil](#)

½ tsp [curry powder](#)

Salt

Method:

Soak, rinse and boil chickpeas until tender. Coat with coconut oil, spread out on tray and roast on high heat for 45mins or until they reach the desired crunchiness. Flavour with salt and curry powder.