



# Roasted Chickpeas

## INGREDIENTS

- |  |                              |
|--|------------------------------|
| 2 12 oz cans of garbanzo beans (drained) | 1 tsp garlic powder          |
| 2 TBS Olive Oil                          | 1 tsp cayenne pepper         |
| 2 TBS Wasabi powder                      | 1 tsp ground mustard         |
| 1 TBS Chopped Garlic                     | 1 tsp soy sauce              |
| 1 TBS tahini                             | Sea salt and pepper to taste |

## INSTRUCTIONS

One: Preheat oven to 450 degrees F (230 degrees C).

Two: Drain beans and blot with a paper towel to dry them.

Three: In a bowl, drizzle chickpeas with oil, toss until coated.  
Add remaining ingredients and toss until well mixed

Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy.  
Watch carefully the last few minutes to avoid burning.