

# Crispy Baked Chick Peas

Portion Size: ½ cup

Yield: 7

## Ingredients:

Cooked Chick Peas (canned or from dry)	2 pounds
Salt	½ tsp
Black Pepper	½ tsp
Canola Oil	1 TBSP

## Preparation:

1. Prepare garbanzo beans according to recipe.
2. Toss garbanzo beans with salt, pepper and oil. Lay flat on a sheet tray. Bake in a 400F degree oven for 15-20 minutes (or until golden brown/crispy).
3. SHAKE chickpeas every 5 minutes for even cooking.
4. Allow chickpeas to cool prior to eating.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
230	12	36	19	6	5	<1	140

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