



## Smoked Paprika & Garlic Roasted Chickpeas

Are you looking for a recipe for a crunchy and salty snack to munch on? Then look no further as this recipe has you covered! Here at Craving Health, we love chickpeas because they're packed with protein and fibre to help keep you full! Oven roasted chickpeas are a simple and healthy snack. You can enjoy them on their own or add them to salads, wraps or soups for a crispy and crunchy texture.

Recipe makes 3 servings (1/2 cup)

Prep time: 5 minutes

Cook time: 40 minutes



### INGREDIENTS

- 1 (15 ounce) can chickpeas (garbanzo beans), drained
- 2 tablespoons olive oil
- 1 pinch garlic salt, or to taste
- 1 pinch cayenne pepper, or to taste
- 1 pinch smoked paprika, or to taste
- 1 pinch salt, or to taste

### INSTRUCTIONS

- 1) Preheat the oven to 450 degrees F (230 degrees C)
- 2) Blot chickpeas with a paper towel to dry them.
- 3) Toss chickpeas and olive oil in a bowl. Season to taste with garlic salt, cayenne, and salt and toss again.
- 4) Spread chickpeas on a rimmed baking sheet.
- 5) Roast in the preheated oven until browned and crunchy, 30 to 40 minutes; watch carefully to avoid burning them.

Tip: Get creative with your seasoning! For a sweet, crunchy, hunger-satisfying treat, try cinnamon and brown sugar.

Check out our [FREE Resources](#) for more crave-worthy simple recipes and meal & snack ideas.