

Chickpea nuts

Lots of reasons to try them.



1 can garbanzo beans
cooking oil spray
1/2 tsp chili powder
1/4 tsp cumin
1/4 tsp garlic salt

Drain the garbanzo beans and rinse in a colander.
Pat them dry.

Preheat an oven to 325 degrees (F). Spray a
baking pan with cooking oil spray. Place the
garbanzo beans on the oiled tray. Bake them in
the oven for 1 hour. Toss them with the seasoning.
Allow to cool.

Serve in an attractive bowl.

Store the chickpea nuts in a sealed container.



They taste great

They have a nice roasted nut flavor. You can season them with any combination of seasonings. Consider Italian herbs and Parmesan cheese. Or curry. Or wasabi mustard.



They are low in calories

Chickpea nuts contain 134 calories and 6 grams of fiber per half cup. Peanuts contain 419 calories per half cup for the same amount of fiber.



Low cost

A can of garbanzo beans or chickpeas is just .06 per ounce while peanuts are .23 per ounce. So these snacks are low in cost.