

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Cinnamon/Honeyed/Coconut Roasted Chickpeas

INGREDIENTS:

- 1-15 ounce can chickpeas (garbanzo beans)
- 2 teaspoons canola oil
- 1 teaspoon ground cinnamon
- 1 tablespoon granulated sugar
- 1 tablespoon honey
- 1/4 cup shredded coconut



DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. Drain chickpeas (garbanzo beans) and rinse them under cold water until starch is removed. Place chickpeas on a paper towel to dry. You can peel/rub off the skins if you wish.
3. In a small bowl, whisk together the oil, cinnamon, and sugar. Place chickpeas in the bowl and stir until all of the chickpeas are evenly coated.
4. Spread out the chickpeas on a large baking sheet (lined with foil for easy clean-up if you wish) and bake for 35-40 minutes, or until chickpeas are crunchy and no longer soft in the middle.
4. Place hot, roasted chickpeas in a small bowl and coat evenly with honey. Spread chickpeas back out on baking sheet and sprinkle with coconut and allow to dry.

Store in an airtight container at room temperature.

Note: This recipe can be doubled or tripled easily.

Compliments of Eat Your Heart Out Edibles

eatyourheartoutedibles.com