



## BLUE ZONES RECIPE

### BLUE-ZONE INSPIRED ROASTED CHICKPEA SNACK



- 1 15oz can chickpeas, drained, rinsed, & dried
- Olive oil spray
- ¼ tsp granulated garlic

#### INGREDIENTS:

- 1/8 tsp sea salt
- ¼ tsp chili powder
- ¼ tsp smoked paprika
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp curry powder

#### INSTRUCTIONS:

1. Preheat oven to 375 degrees
2. Arrange on a baking sheet in a single layer, not crowded, and roast for 35-45 minutes, shaking every 10 minutes or so.
3. Cook until golden brown and crunchy through the middle
4. In a medium bowl mix all spices together
5. Remove chickpeas from oven and spray with olive oil
6. Toss with spices while hot
7. Cool to room temperature
8. Enjoy!