

Crispy Chickpeas



Discover the addictive crunch of our Crispy Chickpeas recipe. These oven-baked chickpeas are perfectly seasoned and roasted to golden perfection, making them a satisfying snack option for any time of the day.

Preparation 5 min
Cooking 40 min
Servings 4
Nutrition Facts (per serving)
Calories 185
Fat 9
Carbohydrates 20
Fibre 4
Protein 6
Sodium 300

Ingredients

- 1 can (19 oz/540 ml) chickpeas, rinsed, drained and patted dry
- 15 ml (1 tbsp) vegetable oil
- 10 ml (2 tsp) chili powder
- 5 ml (1 tsp) smoked paprika
- 15 ml (1 tbsp) nutritional yeast
- 2,5 ml (½ tsp) salt

Preparation

1. Preheat the oven to 400 °F.
2. In a bowl, combine all the ingredients and stir well.
3. Line a baking sheet with parchment paper or aluminium foil. Spread chickpeas and bake in the oven for about 40 minutes. Can be enjoyed as a snack, in a salad or on a thin crust pizza.



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