

**Roasted Chickpeas**

**Ingredients:**

* 1 16 oz. can of chickpeas
* 2 tablespoons of olive oil (or oil of your choice)
* A pinch of salt
* A pinch of garlic
* A pinch of cayenne pepper

**Instructions:**

1. Wash your hands!
2. Preheat oven to 450 degrees fahrenheit. Place parchment paper onto baking pan.
3. Rinse chickpeas and blot try with towel (make sure they are dry!)
4. Mix in a bowl with olive oil and seasonings.
5. Spread chickpeas out on parchment paper.
6. Bake for about 30 minutes or until crispy!
7. Enjoy!