

Buffalo Chickpeas

This recipe makes about 5 cups of food



Ingredients

2 - 150z cans chickpeas, drained and rinsed
½ cup crumbled blue cheese or feta
½ cup Buffalo-style hot sauce
¼ cup chopped dill pickles
4 green onions, finely chopped
2 celery stalks, diced
¼ cup ranch dressing

Directions:

1. Place the chickpeas in a large bowl.
2. Mash them with a fork or potato masher until creamy but still a little chunky.
3. Add the blue cheese, hot sauce, pickles, green onions, celery, and ¼ cup ranch dressing.
4. Gently fold everything together until well mixed.
5. Line a freeze drying tray with parchment paper.
6. Spread the mixture evenly across the tray.
7. Place dividers in the 40-portion configuration to help with even freeze drying and portioning.
8. Freeze until frozen solid.
9. Freeze dry (my cycle time was 36 hours)

Rehydration:

Place 5 portions of the buffalo chickpeas in a bowl. Add about ½ to ⅔ cup of warm (not hot) water, stirring gently as the mixture absorbs the liquid. Let it sit for a few minutes, then add more water in small amounts until the chickpeas reach their original creamy, chunky texture.

Notes:

This recipe makes excellent sandwiches, or can be used as dip on pita chips. This recipe makes 8 servings of Buffalo Chickpea Spread about ⅓ cup per serving, or 5 portions if using dividers.

Nutritional Value Per 1 serving

Calories: 215 Protein: 7 g Fat: 11 g Carbohydrates: 20 g Sugar: 5 g Fiber: 5 g