

Roasted Chickpeas: Indian Inspired

This recipe makes about 5 cups



Ingredients

3 - 15 oz cans of chickpeas
Olive oil in a spritzer
1 tsp garlic powder
1 tsp paprika
2 tsp curry powder
2 tsp garam masala
1 tsp sea salt (to taste)
½ tsp pepper (red or black, to taste)

Directions:

1. Preheat oven to 400°F
2. Drain and blot the chickpeas before spreading out on a large Jelly Roll pan
3. Once spread out into a single layer on the pan, spritz sparingly with olive oil
4. Roast the chickpeas in the oven for about 25 minutes, tossing them 2 times
5. Move the roasted chickpeas into a medium mixing bowl, and toss with the seasonings
6. Spread the chickpeas evenly across a parchment lined tray
7. Pre-freeze when possible
8. Freeze dry (my cycle time was 24 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. These are a great, healthy freeze dried snack!

If you wish to rehydrate, combine 1 cup of chickpeas with 2 cups of warm water. Let them soak for 10 minutes, stirring occasionally. You will lose a lot of the flavor in the water, but it will still hold some from freeze drying with it seasoned.

Notes:

Freeze dried chickpeas can be combined with many things to make further use of this treat. Try adding to anything you'd find in various trail mixes, sweet or savory.

There are also many other seasoning options to try on your next batch. Options include cajun, garlic & black pepper, or buffalo ranch!

Nutritional Value Per ½ cup

Calories: 120 Protein: 6 g Fat: 2.5 g Carbohydrates: 18 g Sugar: 3 g Fiber: 6 g