

# Roasted Chickpeas: Indian Inspired

This Recipe will fill 1 medium tray\*

[Adventures in Freeze Drying: Roasted Chickpeas Indian Inspired and Freeze Dried](#)

## 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

Sea Salt and 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 for about 25 minutes, tossing them 2 times.
5. Move roasted chickpeas into a medium mixing bowl, and toss with seasonings.
6. Spread Chickpeas evenly across a parchment lined tray
7. Freeze until frozen solid
8. Freeze Dry
9. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** 24 hours

**Rehydration:** Not intended, meant to be eaten as a crunchy snack



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray