



Crunchy Fried Chickpeas

This is a staple in our house. I add this to curry dishes, top off my salads for a nice crunch, or even just eat by the spoonfuls. I love to have this made in the fridge for those days I don't have time to be in the kitchen! Delicious and filling!

Ingredients:

- 1 can of chickpeas
- 2 tbsp coconut oil
- 1 clove garlic (minced)
- 1/2 tsp sea salt
- 1/4 tsp peper

Directions:

Strain and rinse chickpeas and set aside. Heat coconut oil in frying pan over medium-high heat. Add chick peas. Add remaining ingredients and fry until chickpeas are "popping" and crispy. Make sure not to stir too often, as the more you mix them the more likely they will get mushy. You may need to add more coconut oil near the end to ensure they are crispy. Remove from heat & serve.

Tips & Ideas:

These are amazing to eat on their own, or as a topping on your favourite salad to make it more filing. I usually make a frying pan of these and keep it in the fridge. Excellent for a

quick snack.

You can also fry these with thinly sliced onions, fresh grated ginger, pinch of crushed chilli peppers or top with fresh cilantro, parsley or freshly squeezed lime.