

Soy Nuts



SERVES 1

Ingredients

1/2 cup Chickpeas (canned 425g)
1 tbl tamari
1 tsp paprika

1 tsp pure maple syrup
1/2 tsp cayenne pepper

Instructions

Pre-heat the oven to 180 degrees Celsius. Open the can of chickpeas and give them a good rinse until the water runs clear. Pat them dry with a clean tea towel.

Add them into a bowl along with tamari, paprika, maple syrup and cayenne pepper then mix well.

Spoon chickpeas onto a sheet of baking paper and place them into the oven.

Bake them for 20 minutes, turning them half way. Keep an eye on the so they don't burn.

NB. Feel free to bake up the whole can of chickpeas and you save store them in an airtight container in the pantry.

