



Eat Well

# Crunchy Honey Pumpkin Chickpeas

## Ingredients

- » 1 15oz can chickpeas
- » 1 tbsp (14g) coconut oil, melted
- » 2 tsp pumpkin pie spice
- » 1 tsp (7g) honey, drizzled

## Directions

Drain and rinse chickpeas. Pat dry with a paper towel and continue to let dry for at least 30 minutes. Preheat oven to 400F. Bake for 40-60 minutes (moving the chickpeas around halfway) or until crunchy. Transfer to a medium bowl immediately and mix with coconut oil, honey and pumpkin pie spice. Enjoy right on the same day (highly recommended) or store in an airtight container. Great finger food for get-togethers or watching Sunday night football!

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