

Cinnamon Sugar Chickpeas

Prep time

15 mins

Cook time

40 mins

Total time

55 mins

I like to snack on these over the holiday time, they are a perfect alternative for overly sugary cookies during this time of year.

Author: MyRDNutritionist

Ingredients

- 2 cans chickpeas
- 1 1/2 tablespoons canola oil
- 2 teaspoons cinnamon
- 1 tablespoon sugar

Instructions

1. Preheat the oven to 400 degrees
2. Rinse and thoroughly dry the chickpeas.
This is a very important step to make sure your chickpeas are crunchy. Roll them in a paper towel and then let them sit uncovered for an additional 10-15 minutes.
3. While waiting for the chickpeas to dry, mix the oil and cinnamon together and set aside.
4. As you roll the chickpeas many of their outer covers will start to fall off, take these off, if you have the time (say an extra 15 minutes you can remove all the outer layers although I've found this just takes too much time).
5. Once the chickpeas are totally dry coat in the cinnamon oil mixture and lay on a baking sheet.
6. Bake for 20 minutes and then sprinkle them with the sugar, back in the oven for an additional 20 minutes. Check the beans a few times to make sure none are burning. Take one out and test it for doneness the beans should be crispy crunchy.
7. Allow to cool and serve, delicious.

Nutrition Information

Serving size: 8 Calories: 135 Fat: 3.4 Carbohydrates: 18 Sugar: 2 Fiber: 4 Protein: 6

Recipe by MyRDNutritionist at <http://myrdn.com/cinnamon-sugar-chickpeas/>

