



## Sriracha Crunch Roasted Chickpeas

Macros (1/2 cup serving): 160 Calories; 7g Protein; 22g Carbs; 6g Fat

### Ingredients

- 1 can (15 oz) chickpeas, thoroughly rinsed and dried
- 1 tbsp olive oil
- 1 tbsp Sriracha sauce (adjust for heat preference)
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- Sea salt to taste

### Directions

- Preheat your oven or air fryer to **400°F**.
- Ensure the rinsed chickpeas are completely dry (use a paper towel to pat them down). This is crucial for maximum crunch.
- In a bowl, whisk the olive oil, Sriracha, smoked paprika, and garlic powder.
- Toss the chickpeas in the spicy oil mixture until completely coated.
- Spread them out on a baking sheet in a single layer. Roast for 20-25 minutes, shaking the pan halfway through, until crispy.