



INVICTUS
SPORTS PERFORMANCE & FITNESS



SRIRACHA CRUNCH ROASTED CHICKPEAS

160 Calories | 7g Protein | 22g Carbs | 6g Fat | (½ cup serving)

INGREDIENTS

- 1 can (15 oz) chickpeas, thoroughly rinsed and dried
- 1 tbsp olive oil
- 1 tbsp Sriracha sauce (adjust for heat preference)
- ½ tsp smoked paprika
- ½ tsp garlic powder
- Sea salt to taste

DIRECTIONS

1. Preheat your oven or air fryer to 400°F.
2. Ensure the rinsed chickpeas are completely dry (use a paper towel to pat them down). This is crucial for maximum crunch.
3. In a bowl, whisk the olive oil, Sriracha, smoked paprika, and garlic powder.
4. Toss the chickpeas in the spicy oil mixture until completely coated.

5. Spread them out on a baking sheet in a single layer.
Roast for 20-25 minutes, shaking the pan halfway through, until crispy.