

CANTATA CHICKPEA SALAD



SERVINGS: 2-3

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- 1 can chickpeas
- 1.5 tbsp Mayo
- 1.5 tbsp almond butter
- 1.5 mustard
- 1/2 tsp paprika
- 1 tsp vinegar (optional)
- 1 tsp maple syrup (optional)
- Add onions and cilantro as you see fit

DIRECTIONS

1. Wash and rinse chickpeas
2. Boil Chickpeas in a pressure cooker until you hear 3 whistles (optional)
3. Combine chickpeas with mayo, almond butter, mustard, paprika, vinegar, and maple syrup
4. Mix
5. Add onions, cilantro, and any other vegetables you would like
6. Eat as is or put on corn tortilla (as pictured and make a taco) or on a slice of toast