

# Sweet and Salty Roasted Chickpeas Recipe

## Ingredients:

1 16oz can of garbanzo beans (chick peas), drained and rinsed well  
2 tsp brown sugar  
1/2 tsp salt  
1/2 tsp cinnamon  
1/2 tsp nutmeg

## Instructions:

Preheat oven to 450 degrees.

Place chickpeas on a baking sheet lined with parchment paper.

Bake at 450 F for 30 minutes.

Transfer chickpeas to a bowl, mist lightly with a bit of olive oil from a mister, and mix thoroughly with the rest of the ingredients.

Enjoy hot, or bring to room temperature and store in an air-tight container. Like popped corn, the chickpeas are never as good the next day. However, they are still quite enjoyable 3-4 days after making them.