




# Miso Roasted Chickpeas

#snack

 4 ingredients  20 minutes  4 servings

## Directions

1. Mix all ingredients together, coat chickpeas.
2. Bake in 400 degrees oven for 15-20 minutes.

## Notes

**More Spice** Add 1 tbsp sriracha sauce.

**Soy** You can also get chickpea miso!

**Alternative**

## Ingredients

- **2 tbsps** Tahini
- **2 tbsps** Miso (shiro) (Miso is a traditional Japanese seasoning produced by fermenting soybeans with salt, and has many health benefits to the digestive/intestinal system. It is a paste that can be found in small plastic tubs in the cooler section of your grocery store, often by the produce.)
- **2 tbsps** Lemon Juice
- **1 can** Chickpeas (cooked or canned)

## 185 Calories

