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Garbanzo ‘Chips’

A healthy alternative to potato chips!



- Prepare garbanzo beans (soak overnight, drain) or use a drained can of garbanzo beans.
- Toss with 1-2 Tablespoons of melted coconut oil (amount of oil depends on amount of beans).
- Sprinkle with Himalayan Salt and paprika.
- Spread in single layer on baking sheet.
- Bake @ 350 degrees for at least 40 minutes, stirring occasionally.
- Baking a little longer makes it ‘crunchier’ instead of ‘chewy’.

Flavor variations: garlic powder, onion powder, cinnamon....anything goes!

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