



Spicy Chick Peas

Instructions:

Bake the chick peas uncovered in a preheated oven on 350 for 20 minutes.

Add spices.

Counts as 1 snack

Prep Time:

2 minutes

Cook Time:

20 minutes

Ingredients:

2/3 cup canned chick peas -
drained

salt free extra spicy Mrs.
Dash - to taste