

Ashley's Meal Prep Monday!

Ranch Chickpeas



INGREDIENTS

- One 15-ounce can of chickpeas
- 1 TBSP avocado oil
- 1/4 TSP fine sea salt
- 3-4 TSP ranch seasoning



Preheat air fryer to 375

Drain, rinse and pat dry the chickpeas

Toss into small bowl with oil and salt
Add to the air fryer basket in an even layer and cook - tossing occasionally until crisp and golden - about 20-22 minutes.

Toss the warm chickpeas with ranch seasoning

(I also tried a batch using nutritional yeast seasoning)

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MARKET