 **Minty Yogurt & Crunch Chickpea Parfait**

*Serves 4*

**Ingredients**

2 cups Greek yogurt

1 cucumber, diced

1/3 cup mint, finely chopped

1 ½ tbsp. olive oil

2 tsp lemon juice

1 (16oz) chickpeas

½ cup raisins

**Directions**

1. Drain and rinse chickpeas. Place on a towel to dry.
2. Dice cucumber and set aside.
3. Finely chop mint and combine with 2 cups of yogurt. Mix in ½ tbsp olive oil and 2 tsp lemon juice. Set aside.
4. Once chickpeas are dry, heat 1 t bsp olive oil in a skillet over medium high heat. Add chickpeas and sauté for 15-20 minutes, stirring frequently. Cook until gold brown on all sides and crispy. You can also roast these in the oven at 400 degrees F for about 20 minutes. Rotate halfway through. Toss chickpeas with salt after cooked.
5. Layer cup or jar with yogurt, cucumber, chickpeas, and raisins. Enjoy for lunch or snack!

**Nutrition**

*300 cals, 30g C, 16g P, 12g F*