** Garlic Chickpea Croutons**

***Serves 14*** *(2 tbsp per serving)*

**Ingredients**

1 can chickpeas, drained and rinsed

1 tsp olive oil

½ tsp salt

3 cloves garlic, minced

Garlic powder to taste

**Directions**

1. Preheat the oven to 400°F.
2. After draining and rinsing the chickpeas, use a towel to lightly rub them dry.
3. Spread the chickpeas on a baking tray, drizzle with olive oil and sprinkle with salt, garlic and garlic powder. Roll the chickpeas around to make sure they are evenly coated.
4. Cook for 20 minutes. Take chickpeas out and roll them around the baking tray. Cook for another 10 to 20 minutes.

**Nutrition**

19 Cals, 4g C, 2g P, 0g F