



AF Crunchy Tikka Garbanzo Beans

Makes 4-6 Servings

- 1 can of Garbanzo Beans
- 1 Tbsp Olive Oil (or oil of your choice)
- 1 Tsp Tikka Masala

Preparation:

Begin by rinsing your garbanzo beans well to get rid of any starchy residue.

Place rinsed beans on some paper towels, pat dry with another paper towel.

Place towel dried beans in a bowl and add oil and Tikka Masala.

Toss gently.

Preheat the Air fryer, I did 380°. Once heated add beans and air fry for 10 minutes, shake, fry another 5-8 minutes. Shake often so you see how well they are cooking.

Cool, and enjoy. They will last 5 days in a zip lock bag. Great snack on the go!

Enjoy!