



CRISPY CHICKPEA SMASH

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Canned Chickpeas, drained and rinsed	1 Cup	Black Pepper	¼ Tsp.
Plain Greek Yogurt	¼ Cup	Pinch of Salt	
Lemon Juice	1 Tbsp.	Finely Chopped Celery	2 Tbsp.
Dijon Mustard	1 Tbsp.	Finely Chopped Roasted Red Pepper	2 Tbsp.
Finely Chopped Fresh Parsley	1 Tbsp.	Small Whole-grain Crispbread Pieces or Seed Crackers	8
Smoked Paprika	¼ Tsp.		
Garlic Powder	¼ Tsp.		

SERVING SIZE

HALF OF TOTAL BATCH

PREPARATION

- Pat the chickpeas dry and add them to a bowl.
- Use a fork to roughly mash the chickpeas, leaving some pieces whole for texture.
- Stir in the Greek yogurt, lemon juice, Dijon, parsley, smoked paprika, garlic powder, pepper, and salt.
- Fold in the celery and roasted red pepper.
- Spoon the chickpea mixture onto the crispbread pieces.