

Less than 45 minutes

Makes 2 cups

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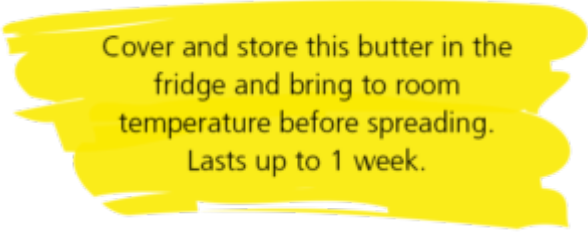
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Ingredients:

- 2 cans (400g each) chickpeas, drained and rinsed (reserve 15ml of the canning liquid)
- Pinch salt
- 1 Tbsp (15ml) maple syrup or vegan honey
- 2-3 Tbsp (30-45ml) lemon juice
- 2 Tbsp (30ml) olive or canola oil

For serving:

- A few slices sourdough bread
- Seeds or nuts of choice
- Sliced banana
- Handful fresh blueberries



Cover and store this butter in the fridge and bring to room temperature before spreading.
Lasts up to 1 week.

Method:

1. Preheat oven to 180°C.
2. Spread chickpeas out on a baking tray, sprinkle with salt, drizzle with maple syrup or vegan honey and toss to coat.
3. Roast chickpeas for 20-25 minutes.
4. Blitz chickpeas in a blender while still hot, adding lemon juice, oil and the reserved canning liquid. The texture should start resembling a nut butter.
5. Toast the bread.

6. Serve chickpea butter spread on hot toast, topped with seeds, nuts, banana and berries.

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