

Chickpea & Hickory Almond Sandwich – Makes ~4 open faced sandwiches

<https://www.eminencenutrition.com/chickpea-hickory-almond-sandwich>



Ingredients:

Hickory Almonds:

- 1 cup Raw almonds
- ½ tsp. Olive oil
- 1 tsp. Maple syrup
- 2 tsp. Liquid smoke
- 1 tsp. Garlic powder
- 1 tsp. Paprika
- 2 tsp. Nutritional Yeast

Chickpea Mash:

- 1 can Chickpeas, drained and rinsed
- 1 Avocado
- 2 tbsp. Lemon juice
- ½ tsp. each Salt and pepper
- ½ Small red onion, diced
- To taste Hot sauce
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Directions:

1. Place all the Hickory Almond ingredients in a pan and fry on medium heat for about 5-8 minutes. Once done, place almonds on a cutting board and roughly chop them.
2. While the almonds are frying, place the chickpeas and avocado in a bowl and mash until smooth.
3. Stir in the remaining Chickpea Mash ingredients.
4. Serve on some toast, with honey or Dijon mustard, lettuce and tomato.
5. Enjoy 😊