

TIME:

10 mins

2 people



INGREDIENTS:

2 slices bread, toasted
1 cup chickpeas, drained
1 tbsp. tahini
½ cup cherry tomatoes,
quartered
1 tbsp. parsley, chopped
1 tbsp. olive oil
1 tsp. apple cider vinegar
salt & pepper



Chickpea Bruschetta

RECIPE:

Toast the bread on both sides.

Place the chickpeas in a small bowl with the vinegar and tahini. Mash with a fork and, season with salt and pepper.

Combine the tomatoes, parsley and olive oil in a small bowl. Spread the chickpea mixture over the toasted bread. Top with the tomatoes and serve immediately.