



MAPLE FLAVOUR CHICKPEAS

INGREDIENTS:

- 2 cups strained chickpeas
- 4 cups cauliflower cut in small pieces
- 1 cup thinly sliced celery
- 1 cup grated carrots
- ¼ cup shallots or green onions
- Pumpkin seeds if wanted

FOR THE DRESSING:

- ½ cup maple sirup
- ¼ cup olive oil
- ¼ cup orange juice
- ¼ cup Dijon mustard
- 2 tbsp balsamic vinegar
- 1 tbsp ground cumin

STEPS:

1. In a bowl, add the chickpeas, cauliflower, celery, carrots and shallots/ onions.
2. Mix all the ingredients.
3. In another bowl, add the maple sirup, olive oil, orange juice, Dijon mustard, balsamic vinegar and cumin.
4. Mix all the ingredients to form a homogeneous liquid.
5. Add the dressing to the chickpeas and vegetable mix.
6. Stir well to mix.
7. Garnish with pumpkin seeds.

About 4 servings