

Garbanzo Bowl

Spice mix:

½ tsp cinnamon

¼ tsp nutmeg

½ tsp paprika

1 tsp garlic powder

¼ tsp ground cumin

¼ tsp pepper

1/8-1/2 tsp cayenne (depending on heat desired)

Salt to taste

1 can chickpeas

½ red onion

½ c tomato paste

2 garlic cloves, chopped

1 tsp ginger, grated

1-2 T vegan cream cheese Myokos

Saute onion in water or broth for 1 minute, add garlic and ginger for 1 min, add chickpeas, 2-3 tsp spice mix, cream cheese, ¼ c water or broth

Bowl Suggestions:

Plantain slices- air fried

Cauliflower slices, roasted

Green beans, cooked

Zucchini zoodles or roasted

Sweet potato chunks, roasted