

Chickpea Scramble

- 1 cup cooked chickpeas drained
- 2 tbsp lemon juice
- 2 tbsp nutritional yeast
- 1 tsp garlic powder
- 1/2 tsp turmeric powder
- 1/2 tsp cumin powder
- 1/4 tsp ground black pepper
- 1/4 tsp sea or kala namak salt
- 6 tbsp hummus

For serving (optional):

- Sautéed mushrooms
- Bread (gluten-free if needed)
- Avocado
- Cherry tomatoes

How to make it:

- 1.Add the chickpeas and the lemon juice to a mixing bowl and mash them with a fork.
- 2.Add the spices and the hummus and mash again until well combined.
- 3.Cook the chickpea scramble in a frying pan over medium-high heat for about 5 minutes or until golden brown, stirring occasionally. We didn't add oil or any liquid.
- 4.Serve with your favorite ingredients. We served our scramble with some sautéed mushrooms (we cooked them in a frying pan until golden brown with no oil), bread, avocado and cherry tomatoes.
- 5.Keep the chickpea scramble in a sealed container in the fridge for up to 5 days.