

CLEAN & TASTY

CHICKPEA CHICK'UN SALAD

<i>Serving</i>	<i>Time</i>	<i>Level</i>
multiple	15 mins	easy

INGREDIENTS

CHICKPEA CHICK'UN SALAD

- 2 15 oz can garbanzo beans, smashed
- 1 1/2 t chicken-like seasoning
- 2 T nutritional yeast flakes
- 1/4 c sweet onion, chopped
- 1 t dried tarragon
- 1 t ground garlic
- 1 t onion powder
- 1 t dried basil
- 1 1/2 t black salt
- 1-2 organic tomatoes, chopped
- salt to taste
- cashew mayo amount based on your preference



CASHEW MAYONNAISE

- 1 c raw cashews soaked and rinsed
- ½ c water
- 2 t ACV
- 2 t lemon juice
- ¾ t pink salt
- 1 large clove garlic
- 1 t smoked paprika
- dash cayenne pepper
- Mix all ingredients in a high speed blender until cream. Transfer to a small mason jar. Store up to 5 days

DIRECTIONS

- Drain and rinse the beans
- Smash the beans in a bowl and add seasonings
- Mix well
- Add ½ c cashew mayo (see recipe) and combine well
- Spread on gluten-free bread, add 2 lettuce leaves tomato, cucumber and enjoy!
- *spread on gluten-free crackers or fresh celery, cucumber or carrot sticks

