



# SMASHED CHICKPEA SALAD WITH NUTS AND BERRIES (V, DF, GF)

## INGREDIENTS

- Two 15.5 oz (or comparable size) cans of chickpeas, rinsed and drained
- 2 cups red grapes, rinsed
- 1 cup chopped walnuts
- 1/2 cup mayo (I used Sir Kensington's Fabanaise, a vegan mayo)
- 1/2 teaspoon salt

## DIRECTIONS

1. *Place chickpeas in a large mixing bowl. Use a fork to smash them. No need to smash every single one; just the majority.*
2. *Halve the grapes with a knife. Add them to the smashed chickpeas.*
3. *Add walnuts, mayo and salt to the grape and chickpea mixture*
4. *Lightly mix until all ingredients are incorporated*
5. *Serve with crackers, on a sandwich, on a bagel or eat it by itself*

## Tips and Tricks

1. *I found all ingredients for this recipe at Whole Foods.*
2. *Tailor this salad to fit your tastes. See what other combinations you can come up with! Add in a different fruit, like blueberries or cranberries in lieu of the grapes. Or, try a green grape instead of red. Add almond slivers instead of walnuts. The possibilities are endless!*
3. *Try using Champagne Grapes instead of regular sized grapes! You'll just need to use a little more to get the same flavor but you won't have to halve them!*

**PREP TIME: 15 MIN**

**COOK TIME: 0 MINS**

**TOTAL TIME: 15 MINUTES**

**RECIPE BY: CAROLYN J. BRADEN**

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