

## Spicy Chickpea Bowl

### Ingredients:

2 TBL Coconut oil  
1 Onion, chopped  
1 clove Garlic, chopped  
1 inch piece of Ginger, grated  
1 can Chickpeas, drained and rinsed  
1 tea Garam Masala  
Sea Salt and Black Pepper to taste  
½ bunch of Cilantro, chopped  
1 Avocado, sliced

### Directions:

Melt coconut oil in small pot. When the oil is melted, add onion, garlic and ginger. Sauté for about 3 minutes until fragrant. Add chickpeas, garam masala, sea salt and black pepper. Sauté until warmed through. Serve with cilantro, avocado, steamed beets and brown rice.