## Recipe Details

Recipe Name - “Chicken” Salad

Recipe Steps -

### Ingredients

- 1 can chickpeas, drained and rinsed
- 2 Tbsp raisins or any kind of dry fruit without added sugar
- 2 Tbsp fat-free hummus (you can make your own if you can’t find fat-free)
- 3/4 of a fresh apple, diced
- 1 cup fresh grapes, sliced in half
- 2 to 3 stalks of celery, diced
- 1/4 onion, diced
- 2 tsp dry rosemary
- 1 tsp garlic powder

### Instructions

1. Mash Chickpeas with a fork, leaving some whole if you like.
2. Add all other ingredients to mashed chickpeas and combine.
3. For more flavor, refrigerator for a while.
4. Enjoy!