

# Lemon Chickpea & Spinach Sauté

## Ingredients

- 1/2 cup cooked chickpeas
- 1 cup baby spinach
- 1 garlic clove, minced
- 1 tbsp olive oil
- Juice of 1/2 lemon
- 1/4 tsp cumin
- Salt and pepper

## Instructions

1. Heat olive oil in a skillet.
2. Add garlic and cumin, sauté 30 seconds.
3. Add chickpeas and sauté 3–4 minutes.
4. Add spinach and lemon juice, stir until wilted.
5. Season and serve immediately.

## Benefits

Cleansing, mineral-rich and rich in plant protein.  
Supports detox and iron absorption.