



abuelita's savor the sweetness garbanzos

By Mero Cocinero

Elements

1/2 lb. of sugar

1 (16 oz.) can of garbanzos

cinnamon stick or 2-3 tsp of cinnamon

2 cups of water

Process

- Mix sugar, cinnamon, and water in a pot
- Soft Boil
- After 8 minutes, let it cool.
- When cool, mix the garbanzos with the cinnamon syrup
- Serve
- Share
- Remember only 1 garbanzo per person.

My grandmother would give us this dish every holiday. Remember, although you may want all the garbanzos; take your time. Eat is slow and low. Breath. Savor it.