



Health Highlights

Prep	Cook	Ready in	Servings
10 min	10 min	20 min	1

Chickpea Pancake

Ingredients

1/2 cup	Chickpea flour	1 dash	Red pepper flakes (optional)
1 dash	Baking powder, gluten-free	1 dash	Garlic powder
2 tbsp	Extra virgin olive oil (for cooking)	1 dash	Black pepper
1 stalk(s)	Green onion (finely chopped)	1 dash	Sea Salt
1/4 cup chopped	Red bell pepper	155 ml	Water (1/2 cup plus 2 tbsp)

Instructions

1. Prepare the vegetables and set aside. Preheat a 10-inch skillet over medium heat.
2. In a small bowl, whisk together the chickpea flour, garlic powder, salt, pepper, baking powder, and optional red pepper flakes.
3. Add the water and whisk well until no clumps remain, approximately 15 seconds.
4. Stir in the chopped vegetables.
5. When the skillet is pre-heated (a drop of water should sizzle on the pan), spray it liberally with olive oil or other non-stick cooking spray.
6. Pour on all of the batter (if making 1 large pancake) and quickly spread it out over the pan. Cook for about 5-6 minutes on one side, until you can easily slide a pancake flipper/spatula under the pancake and it's firm enough not to break when flipping. Flip pancake carefully and cook for another 5 minutes, until lightly golden. Note: This pancake will take longer to cook compared to regular pancakes.
7. Serve on a large plate and top with your desired toppings. Leftovers can be wrapped up and placed in the fridge. Reheat on a skillet until warmed throughout.

Notes:

Optional to serve with salsa, avocado, hummus, cashew cream.

Nutrition Facts	
Per Portion	
Calories	433
Calories from fat	275
Calories from saturated fat	37
Total Fat	31 g
Saturated Fat	4.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.3 g
Monounsaturated Fat	20.7 g
Cholesterol	0
Sodium	633 mg
Potassium	660 mg
Total Carbohydrate	32 g
Dietary Fiber	6.0 g
Sugars	7.0 g
Protein	11.1 g

Dietary servings

Per Portion

Meat Alternative	2.3
Vegetables	0.8

Energy sources

Carbohydrates	26%
Fat	63%
Protein	10%