



INGREDIENTS (makes ~6 pancakes)

- 1 cup chickpea flour*
- 1 cup water
- 1/2 tsp salt
- 1 tbsp oil for frying (I prefer olive or coconut)

OPTIONAL:

You can add roasted cumin seeds & a little cayenne for a bit of extra flavor
If you want the pancakes to be thinner, add a bit more water

INSTRUCTIONS

- Mix all of the ingredients together to make a batter
- Pour some into a hot pan with a light layer of oil
- Turn after 2-3 minutes

SERVING/NOTES

- Serve with - lentil dhal, curry, anything with a bit of a sauce – with any appropriate ethnic meal
- Delicious with soup and/or salad
- Versatile as a bread with any meal, made quickly, and easily
- Perfect for the protein component of breakfast
- Make a big batch & freeze them for up to 1 month to have in a pinch anytime

Nutrition tip

Chickpeas are high in protein and make an excellent replacement for meat in vegetarian and vegan diets.

*if you are unable to get chickpea flour where you live, this site provides an easy solution
<https://www.thespruceeats.com/making-chickpea-flour-2394971>