

Class Date: 14 May 2020

3 Ways with Chickpeas/ Omelette/muffins and flat bread

Chickpeas are a great source of protein and can be used in various ways. In this class I'll show 3 ways with chickpeas in the form of flourless muffin, Chickpea omelette and a chickpea flatbread.

Flat Bread

Makes 1 big oven tray, serves 4–6

For the flatbread

140 g (5 oz / 1 cup) chickpea

(gram) flour

140 g (5 oz / 1 cup) Gluten-free

Flour Mix (see page 146)

500 ml (17 fl oz / 2 cups) water

pinch of pink Himalayan salt

1 tablespoon bicarbonate of soda

(baking soda)

black sesame seeds

For the caramelised onions

2–3 tablespoons olive oil

1 yellow onion, sliced

1/2 teaspoon sweet paprika

2–3 medjool dates, stoned (pitted)

and torn or finely chopped

For the marinated chickpeas

400 g (14 oz) tin chickpeas, drained

1/2 teaspoon sesame seeds

1/2 teaspoon dried parsley

1/2 teaspoon red chilli flakes (red

pepper flakes)

pinch of pink Himalayan salt

To serve

coriander (cilantro) and mint,

chopped

MAKES 1 LARGE OMELETTE ENOUGH FOR THE OMELETTE

60 g (3 oz/2/3cup) chickpea (gram)

flour

1/8 teaspoon bicarbonate of soda

(baking soda)

1 teaspoon apple cider vinegar

125 ml (4 fl oz/1/2 cup) water

FOR THE TOPPING

chilli sauce or sriracha (optional)

MAKES 8 MUFFINS

240 g (8 1/2 oz/1 cup) drained tinned

chickpeas (garbanzos)
60 g (2 oz/1/3 cup) brown or
coconut sugar
3 tablespoons melted coconut oil
60 g (2 oz/1/4 cup) runny peanut
butter
60 g (2 fl oz/1/3 cup) cacao
1 teaspoon vanilla paste
160 ml (XX fl oz/2/3 cup) Oat Milk
(see page xxx) or other plant
milk
1/2 teaspoon bicarbonate of soda
(baking soda)
1 teaspoon baking powder
FOR THE TOPPING
100 g (3 1/2 oz) dark dairy-free
chocolate, chopped
1 banana, sliced