



# Jumbo Chickpea Pancake



**PREP TIME:** 5 MINUTES



**COOK TIME:** 10 MINUTES



**SERVINGS:** 1

## Ingredients

- 1/4 c. Green or yellow onion, diced
- 1/4 c. Red Bell Pepper, diced
- 1/3 c. Chickpea flour
- 1/4 tsp garlic powder
- 1/4 tsp baking powder
- Salt and Pepper to taste
- 1/2 cup water
- Top with 2oz. Avocado OR Shredded non-dairy cheese

## Directions

Preheat a 10-inch skillet over medium heat and sauté the veggies. Remove and set aside. In a bowl, combine the chickpea flour, garlic powder, salt, pepper and baking powder. Add the water and whisk well. Try to create air bubbles in the mixture when whisking. Stir in the vegetables. The skillet should sizzle when a drop of water is placed on it. You know it's ready then. Spray well with non-stick spray. Pour all of the batter into the pan. Cook for about 5-6 minutes on one side or until you can easily slide a spatula under the pancake and it's firm enough to flip. Flip pancake carefully and cook for another 5 minutes, until lightly golden. Serve with the Avocado or vegan cheese

**NUTRITION:** 202 Calories | 4g Fat | 28g Carbohydrates | 11g Protein