

Chickpea Flatbread & Marinara Dipping Sauce

Prep time: 15 min. Cook time: 15 min.

Chickpea Flatbread.

3/4 c. pre-cooked chickpeas
1/4 c. coconut flour
2 large eggs
1/2 c. So Delicious Coconut milk
2 tsp. garlic powder
1-2 c. oil of choice

1. put all ingredients into your food processor
2. pulse ingredients until the batter is smooth
3. let the batter sit for two minutes so the coconut flour can expand
4. spoon the batter into a large frying pan and smooth out to desired size
5. AFTER spooning batter into pan pour oil into the pan until it covers the bottom
6. turn on your burner, medium heat works best *(as the oil heats it will be absorbed by the flatbread)*
7. after about half of the oil has been absorbed, or three minutes, gently turn the bread with a spatula
8. cook on the last side for 2-3 minutes or until golden brown

(if you have remaining batter spoon it into the pan before adding more oil)

Marinara Dipping Sauce.

5 1/2 oz. tomato paste
1 tsp. apple cider vinegar
1 1/2 tsp. Italian seasoning
1/2 tsp. dried parsley
1 tsp. garlic powder
1/4 tsp. sea salt
cayenne (to taste)
4 tb. water
1 tb. honey

1. combine all ingredients in a small saucepan and bring to a boil
2. stir constantly and allow to simmer for ten minutes
3. take off of heat and allow to cool, or eat warm

Enjoy, and happy eating!

Shandi