



Chickpea Flatbread Pizza

2 servings
1 hour 20 minutes

Ingredients

- 92 grams Chickpea Flour
- 237 milliliters Water
- 23 milliliters Avocado Oil (divided)
- 2 grams Sea Salt
- 82 grams Tomato Sauce
- 250 milligrams Oregano
- 388 milligrams Garlic Powder
- 225 milligrams Red Pepper Flakes
- 170 grams Mozzarella Cheese (shredded)
- 5 grams Basil Leaves (finely chopped)

Nutrition

Amount per serving	
Calories	495
Fat	29g
Carbs	29g
Fiber	6g
Sugar	6g
Protein	26g
Potassium	524mg
Vitamin A	992IU
Vitamin C	3mg
Calcium	349mg
Iron	3mg
Vitamin D	0IU
Vitamin E	1mg
Folate	207µg
Vitamin B12	0µg
Magnesium	87mg
Zinc	1mg
Selenium	4µg

Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 2 About 10 minutes before the batter is done resting preheat the oven to 180 degrees C and place a 10-inch oven proof pan (cast-iron is ideal) inside the warming oven.
- 3 Remove the pan from the oven and turn the grill to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the grill for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Make sure it is firm or it will break up when you try to take it out of the pan. Remove from the grill.
- 4 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and grated cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 5 Slice and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

Serving Size: One serving is equal to approximately three slices of pizza.

Dairy-Free: Use a dairy-free shredded cheese instead.

More Flavor: Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings: Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.