

*"Tastier with your touch
from iftar to suhoor .."*



Flourless Chickpea Pancake

INGREDIENTS:

- 2 cans of California Garden Chickpeas drained and rinsed
- 1 cup peanut butter
- 4 tsp baking soda
- Pinch of salt
- 3 large eggs
- 1/4 cup + 2 tbsp milk of choice
- 1 tsp vanilla
- 2 tbsp maple syrup

Fry & Serve:

- Coconut oil
- 2 tbsp peanut butter
- Mixed Berries
- Maple Syrup

PREPARATION:

- Pour chickpeas into a strainer, then rinse them off completely; then, pour chickpeas into a blender.
- Add the remaining ingredients into the blender and pulse for 30 seconds or until the batter is smooth.
- Grease a griddle or skillet with coconut oil or nonstick spray and pour batter onto skillet. Once batter starts bubbling, use spatula and carefully flip pancake over. Once both sides are cooked, remove from heat. Continue process until batter is gone.
- Top pancakes with extra peanut butter, fruit and maple syrup



Serving size
4-6 across



Preparation Time
50 Min

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