

SUPER HEALTHY RECIPE IDEAS

CHICKPEA FLOUR PANCAKES

(Grain Free Gluten free Dairy Free Sugar Free)

- 1/2 c chickpea flour (besan flour)
- 1/2 c potato flour
- 1 tsp raising agent (Wards baking powder)
- 1 banana (mashed)
- 1 teaspoon vanilla essence (pure is superior)
- 1 c sparkling apple juice or mineral water (add more for crepe style pancakes)
- 1 egg

Mix dry ingredients together then add wet ingredients.
Cook in a well greased frypan.

Best when cooked and eaten fresh.

Petals tips:

You can purchase besan flour at the best price from Indian shops.
When cooking anything with besan flour make sure you grease pan well – it likes to stick more than any other flours.
This mixture will keep uncooked in the fridge for a couple of days – ready for an instant healthy snack.

This recipe provided to you by Judy O'Reilly of Petals Provisions...
You can contact Judy regarding her gluten-free, sugar-free and dairy-free recipes, products and catering service at judy_dan@bigpond.net.au