



Chickpea Flatbread Pizza

2 servings

1 hour 20 minutes

Ingredients

- 1 cup Chickpea Flour
- 1 cup Water
- 1 1/2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 1/3 cup Tomato Sauce
- 1/4 tsp Oregano
- 1/8 tsp Garlic Powder
- 1/8 tsp Red Pepper Flakes
- 6 ozs Mozzarella Cheese (shredded)
- 2 tbsps Basil Leaves (finely chopped)

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 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 4 Reduce the oven temperature to 350°F (176°C).
- 5 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 6 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.