

4 Ingredient Chickpea & Pumpkin Pancakes



DIETARY INFO: DF, NF, VEG

CONTAINS: WHEAT

SERVES: 4

PREP TIME: 10 mins

COOK TIME: 10 mins

Ingredients

| | |
|---------------|--|
| 3 | Large eggs (3 each) |
| 1/2 cup (80g) | Pumpkin, peeled, seeds removed, chopped and steamed |
| 1/2 cup | Chickpeas, canned, rinsed and drained or cooked (135g) |
| 1/3 cup | Wholemeal spelt flour (45g) |

To cook

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| 1 tbs | Coconut oil or extra virgin olive oil (20ml) |
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Tips

Optional boosters:

Add 1 tsp (15 g) chia seeds or flaxseeds.

Optional flavourings:

Season with a pinch of sea salt.
Add ½ cup (40 g) cheddar cheese.

Allergy advice and simple swaps:

For a gluten-free alternative: Swap wholemeal spelt flour for brown rice flour, buckwheat flour or almond flour.
Swap pumpkin for sweet potato or carrot.
Swap chickpeas for cannellini beans.
This mixture works well for small pikelets and large pancakes.

Method

1. In a food processor or high-speed blender, place eggs, pumpkin, chickpeas and flour.
2. Mix until smooth, ensuring chickpeas are completely dissolved.
3. Heat oil in a large frying pan.
4. Pour small amounts of pancake batter into the pan and fry for 2-3 mins on both sides until browned.
5. Continue with remaining batter.
6. Serve with a side of mashed avocado, vegetables or dip of choice.

Serving and storing leftovers: Serve immediately, store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.