

Chickpea Flour Frittata



Ingredients

- 1 cup chickpea flour
- $\frac{1}{4}$ tsp baking powder
- $\frac{1}{2}$ cup plant-based milk
- $\frac{1}{2}$ cup water, + $\frac{1}{2}$ cup if needed
- $\frac{1}{2}$ zucchini, thinly sliced
- $\frac{1}{2}$ bell pepper
- 1 medium tomato, finely chopped
- $\frac{1}{4}$ cup parsley, chopped
- 1 tbsp olive oil
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{4}$ garlic powder
- $\frac{1}{4}$ tsp oregano
- Salt
- Pepper

Directions

1. Whisk the chickpea flour, baking powder, plant-based milk, water, parsley and seasoning in a large mixing bowl until get a completely smooth batter. If needed, add extra water to the mixture.
2. Add the zucchini, tomato, and pepper to the bowl. Mix them together.
3. Heat the olive oil in a large non-stick pan. Pour the batter into the pan. Cook for about 7-8 minutes on each side or until the edges of frittata are set and both sides are slightly golden brown.
4. Slice the frittata into 6 pieces. You can serve with herb sour cream.
5. Serves 3