

Ferraro's Cucina

Vegan Mini Chickpea Flour Frittatas

Ingredients

- 1 3/4 cups **Chickpea Flour**
(garbanzo bean flour, gram flour)
- 1/4 cup **Nutritional Yeast** (optional)
- 1 tsp **Baking Powder**
- 1 tsp **Garlic Powder**
- 1 tsp **Dried Basil**
- 3/4 tsp **Mineral Salt** or **Black Salt**
- 2 1/4 cups **Water**
- 1 cup **Corn** (frozen, fresh, or canned)
- 1 large **Red Bell Pepper**
(1 cup, finely diced)
- 1 **Jalapeno Pepper** (finely diced)
- 1/4 **Red Onion** or **Medium Shallot**
(finely diced)
- 1 handful **Baby Kale** or **Spinach**
(roughly chopped)
- Chives** to garnish (optional)



Preparation

- Preheat oven to 375 degrees F.
- In a large mixing bowl, combine the chickpea flour, optional nutritional yeast, baking powder, salt, garlic powder and basil. Whisk in the water. Add the corn, bell pepper, jalapeno, onion and baby greens, mix to combine.
- Using a 1/4 measuring cup, scoop the batter into a muffin tin, filling all 12 holes. Top with a sprinkle of chives.
- Place in the oven, on the center rack, and bake for 30 – 35 minutes. Do the toothpick test, by sticking it in the center of a muffin, if it comes clean, frittatas are ready.
- Remove from oven, turn out frittatas and place on cooling rack to cool.
- Makes 12 frittatas

