

Savory Chickpea Muffins

Makes 12 muffins

Ingredients:

- 2 1/4 cups chickpea flour
- 2 1/4 cups water
- 1 red bell pepper, diced
- 8 oz mushrooms, diced
- 1/2 onion, diced
- 2 cloves garlic, minced
- 2 tbs nutritional yeast
- 1/4 tsp salt plus more to taste
- 1/4 tsp freshly ground black pepper
- 1/4 tsp turmeric powder
- 1/4 tsp cayenne pepper
- 1 tsp baking soda
- juice of 1/2 lemon
- 1 tbs olive oil, plus olive oil spray

Directions:

1. Preheat the oven to 400F and grease muffin tins.
2. In a medium saute pan, saute the onion for 5 minutes with salt and pepper, add in the peppers and mushrooms next and cook for another 5 minutes. Finally add the garlic in until fragrant.
3. Turn off the flame and allow the mix to cool for 5 minutes
4. Meanwhile, in a large bowl, whisk together chickpea flour, water, nutritional yeast, salt, black pepper, cayenne pepper, baking soda and lemon juice.
5. Stir in the vegetable mix now as well. Make sure the batter is evenly

mixed. Pour into the greased muffing tray and bake for 30-35 minutes.

6. Remove from the oven and allow to cool before removing from the tray.