



We use Gram Flour (Chickpea Flour) quite a lot. It's inexpensive, filling and Gluten Free. Onion Bhajis are a favourite here and we've made various flat breads with it. Here's a recipe for something to dip in casseroles etc. It's also Vegan.

Ingredients:-

160 g Gram (chickpea) flour

2 tbs Oil

200g water

Salt and Pepper

Baking Powder

Garlic Salt

Chilli Flakes

Method:-

- (1) Line a baking tray with parchment.
- (2) Mix all the ingredients in a bowl.
- (3) Pre-heat the oven to 180c
- (4) Allow the mix to sit for 10 to 15 minutes and give it a good stir.
- (5) Spoon into the lined tray.
- (6) Bake in the oven for 30 minutes.
- (7) Tip out onto a wire stand and allow to cool or serve hot.