

Chickpea Savoury Pancake

Recipe by Walker Jordan from Joyous Health

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Ingredients:

Pancakes

- 2 cups chickpea flour
- 1 cup baby spinach or kale (finely chopped)
- 1/2 cup sheep or goat's milk yogurt*
- 1 1/2 cups water
- 1 tsp pink Himalayan salt
- 1/2 tsp turmeric
- 1 tsp garam masala
- 1 tsp clarified butter or coconut oil
- 1 small red onion, finely chopped (optional)
- 1 chopped green chilli to increase heat (optional)

Cucumber Yogurt Sauce

- 1/4 cucumber
- 1 small garlic clove
- 1/2 cup of sheep's milk yogurt

Instructions:

1. Put the chickpea flour in a mixing-bowl. Add salt, turmeric, garam masala and mix the dry ingredients. Add the chopped greens, onions, water and yogurt and whisk till you get a smooth, loose batter.
2. Heat a non stick griddle/pan. Put the clarified butter/oil and grease the griddle.
3. Pour a ladle full of batter onto the heated griddle and, using the back of the ladle, spread it thinly.
4. When the underside becomes golden, loosen the pancake with a spatula and flip. Continue cooking the other side until both sides are golden.
5. Serve hot.

Notes:

*original recipe calls for greek yogurt Serves 4.