

# Vegan Chickpea Omelette

No eggs, no problem. Enjoy this “omelette” without the eggs. It’s made with chickpea flour and tons and tons of veggies!

xoxo,

Kristin

1. Mix chickpea flour, nutritional yeast, salt and water and stir until there are no lumps.
1. Dice up whatever veggies you want to add to your omelette. (about  $\frac{1}{4}$  cup of veggies per omelette).
2. Add oil to a well-seasoned iron skillet or a non-stick frying pan and saute the veggies on medium-low for about 3-5 minutes until they become tender.
3. Remove the veggies and add them to the batter and give the batter another stir.
4. Turn up the heat to medium and pour the batter in the skillet like you would a large pancake and cook for about 5 minutes until the top of the omelette no longer looks wet.
5. Carefully loosen up the omelette with a spatula and flip the omelette to the other side and cook for 3-5 more minutes until it is no longer soft in the middle. (Make sure there is no wet batter left in the center).
6. Top with cheese and fold over so that the cheese is in the middle.

Recipe from:

<https://thehiddenveggies.com/chickpea-omelette-the-best-vegan>

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#### Recipe Notes

- This recipe is for 1 omelette, adjust the number of servings to the number of omelettes that you want to make.
- Make sure to use a well-oiled pan to avoid sticking.
- Chickpea omelettes tend to stick to the pan, so be sure to use enough oil, allow the omelette to cook until it becomes solid, and loosen it from the bottom of the pan before flipping.
- Raw chickpea flour tastes terrible! Don't eat it until it's fully cooked!