

VEGAN SOY-FREE SPICY OMELETTE

INGREDIENTS

- 1 T Flaxseed meal
 - 1/2 C Water (divided)
 - 1/2 t Baking powder
 - 1 T Garfava flour (garbanzo & fava flour) **OR** Oat flour
 - 1/3 C Chickpea (Garbanzo) flour
 - 1/4 t Salt
 - 1/8 t Garlic powder
 - 1/8 t Tumeric
 - 1/2 C Vegetables (your choice of mix of onion, bell peppers, tomatoes & carrots) (chopped)
 - Half Jalapeno **OR** Serano Chili Pepper (chopped finely)
 - 1/4 C Spinach (fresh)
- Non-stick cooking spray
Black pepper (to taste) (optional)
Cayenne Pepper (to taste) (optional)



DIRECTIONS

- 1 In a bowl, add flax seed meal & 1/4 C warm water
- 2 Whisk & let sit for 5 minutes
- 3 In a bowl, mix baking powder, garfava flour chickpea flour, salt, spices & 1/4 C more water & mix
- 4 Whisk for 30 seconds to combine well & to help the batter get airy
- 5 If batter is too thick, add some extra water
- 6 Mix in the vegetables, hot peppers & spinach
- 7 Spray the non-stick cooking spray in a large saute pan & set the burner for a medium-heat
- 8 Pour the batter onto the hot pan & use a spatula to spread the veggies out evenly
- 9 Cover with a lid & cook for 7 minutes
- 10 Take the cover off & add a few drops of oil on the edges & cook for another 5-7 minute
- 11 Flip the omelette & cook for 5-6 minutes

NOTES

- 1 Instead of 1 large omelette, you can make 2 smaller omelettes that will cook faster & also make it easier to flip
- 2 You can add more 'greens &/or vegan cheese
- 3 If doubling or tripling the recipe, don't keep the batter sitting for too long or you'll need to add a few teaspoons of the chickpea (garbanzo) flour

**Garbanzo or
Chick Pea Flour**



Garfava Flour

