

Chickpea Crisps

INGREDIENTS

- 1C chickpea flour
- 1/4C cold water
- 1tsp sea salt
- 1/4tsp oil
- 1 lime
- Finishing salt to taste

1. Preheat oven to 350°F and tear out two sheets of parchment paper, set aside.
2. Combine flour and sea salt in a bowl. Add water and oil and mix until dough forms. You may need to add a tiny bit of water if dough is too dry, but you want to make sure the dough is not sticky either.
3. Form dough into large ball and cut in half, forming two smaller balls of dough.
4. Place the dough in between two pieces of parchment paper and begin to roll out with rolling pin until dough is about 1/2-1cm thick.
5. With a knife, cut cracker-size slices into dough.
6. Place parchment paper with dough on baking sheet and bake in oven for about 15-20 minutes, checking frequently to ensure dough is not burning.
7. Remove from oven when dough is light brown and firm to touch.
8. Remove parchment paper with dough from baking sheet and allow to rest on counter or cool surface until chilled.
9. Break crisps apart and lightly fry over stove for a few minutes until golden brown. (Tip: I used Colorado Mills Sunflower Oil for frying)
10. Remove from oil and sprinkle with finishing salt and lime juice.