

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- February -

DRIED BEANS

CHICKPEA FLOUR CINNAMON MAPLE CRACKERS

1 cup chickpea flour, sifted

**See below on how to make your own*

3 tbl olive oil

(or avocado oil / melted coconut oil)

4.5 tbl maple syrup

1.5 tsp cinnamon

1/2 tsp vanilla

Pinch of salt

***Homemade chickpea flour: Blend dried chickpeas in a blender on high until fine powder forms. Sift into a bowl. Place the remaining pieces that didn't sift back into the blender and blend again until fine. Store in an air tight container.**

Preheat oven to 350F. Place all ingredients in a bowl and mix together with a spatula or your hands until well combined and you can form into a dough ball. Dough should be sticky and wet.

Place the ball of dough onto a sheet of baking paper. Place another sheet of baking paper on top and using a rolling pin, roll out as thin as possible. The thinner the dough, the lighter and crunchier the cracker.

Carefully remove the top layer of baking paper and slide the bottom baking paper and dough onto a baking sheet. With a knife or pizza cutter, score the dough into little squares or triangles.

Bake in the oven for 6-10 minutes until golden around the edges. Watch closely depending on the thickness of your cracker.

Let cool for a few minutes and start snackin'! These are also delicious served as a healthy cereal with some cold milk. Store in an air tight container for a couple of weeks.

Recipe by Gabrielle Chronister



For more information visit

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