

# Super Simple Crepes with Garbanzo Flour

Breads are the one food item that people most often say they miss after they stop eating processed grains. Chickpea flour (also called socca or farinata) crepes are a tasty, satisfying substitute.

In our newest book, *Always Delicious*, we dedicate an entire chapter to Chickpea Flour and Revisionist Food recipes. Although we always encourage people to hold off on "revising" old, unhealthy recipes when they first begin AH, sometimes you just need a better choice for an old favorite. Especially around the holidays when we get out of our normal meal routines.

Try our Super Simple Crepe recipe! These light, airy crepes are perfect for with any filling. Try them with fruit and cream or your favorite savory fillings. They're grain free!

## Ingredients

1 cup garbanzo flour  
1 cup Sparkling water  
1 tablespoon extra-virgin olive oil, plus more for the pan  
1 egg (optional - they are just as good vegan if you prefer)  
1/4 teaspoon salt

## Preparation

1. Mix all ingredients with a whisk or immersion blender to get all of the lumps out.
2. Heat a cast iron skillet. Brush with 1/4 to 1/2 teaspoon oil. Pour about 1/3 cup batter in the middle of the pan. Pick up the pan and swirl it until the batter spreads into a large thin circle. If the batter doesn't spread easily you might need more sparkling water. If it is too thin and breaks when you turn it, add a bit more garbanzo flour.
3. Cook until the edges easily lift and it starts to brown, about 3 minutes. Gently turn with a spatula and brown on the other side.
4. Fill with your favorite savory or sweet fillings! I used Tofu Hash with Curried Lentils instead of Black Beans (*Always Hungry* page 221) in this batch and topped it with avocado and Fresh Salsa (*Always Delicious* page 302). Play with any of your favorite fillings or sauces. You can even use these in place of lettuce to make lunch wraps. Enjoy!!

My son's crepe: Mini heart crepe with strawberry sauce and a blueberry. Optional: shave chocolate on top to garnish.