

Chickpea Pizza Crust

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This canned **Chickpea Pizza Crust** is a thin, crispy, gluten-free pizza crust made with just 4 simple ingredients and packed with 30 grams of protein per base.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at:

<https://www.theconsciousplantkitchen.com/chickpea-pizza-crust/> or scan the QR code here →



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Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins

Servings: 1 crust (12inches) Calories: 551.3kcal Author: Carine Claudepierre

Ingredients

- 1 can Chickpea (15oz/425g) drained (note 1)
- ½ cup Chickpea Flour (note 2)
- 2 tablespoons Arrowroot Flour (note 3)
- ⅓ tablespoons Water

Optional - recommended for flavor

- ½ teaspoon Salt
- 1 teaspoon Garlic Powder
- ½ tablespoon Dried Herb like oregano, marjoram or a mixed Italian herb

Instructions

1. Preheat the oven to 400°F (200°C). Line a pizza dish with parchment paper, preferably a pizza tray with holes. Oil the paper well with olive oil for a crispy base that won't stick. Set aside.
2. Add all the ingredients to a food processor and process until the dough is smooth, moist, not liquid. You will have to stop the food processor a few times, scrape down the sides of the bowl with a silicone spatula, and repeat until the batter is smooth and the texture looks like thick hummus. It always stays a little grainy, and that's normal, but you shouldn't see big pieces of chickpeas.
3. If it's too liquid, add more chickpea flour or tapioca flour, one tablespoon at a time, to dry the dough. The batter will not be as firm as pizza dough. You won't roll it. It should look like a soft, thick, moist, sticky paste similar to a falafel batter.
4. Place the batter in the center of the prepared dish and use a silicone spatula, or greased hands to press the batter and spread it into a thin 11-inch (30cm) circle. Don't shape smaller or the crust is thick, and it won't crisp.
5. Prebake the crust for 15 to 18 minutes on the center rack of the preheated oven until crispy and the center looks crackled and dry.
6. Remove from the oven and spread pizza sauce and any pizza topping you love. I used thin slices of vegetables and vegan cheese.
7. Return to the oven for 10 minutes, until crispy or until the cheese is melted and the edges are golden brown.