



recipes.

Zero-Oil Baked Chickpea Crackers

Crispy, Protein-Rich & Gluten-Free
(optional)

Ingredients

- 1 cup chickpea flour (also called besan or gram flour)
- 2 tbsp ground flaxseed
- ¼ cup water (to make flax “egg”)
- ¼ tsp baking soda (optional, for lightness)
- ½ tsp salt (adjust to taste)
- ½ tsp garlic powder (optional)
- ½ tsp onion powder (optional)
- ½ tsp dried herbs (thyme, oregano, or rosemary – optional)
- 2–4 tbsp water (for dough consistency)
- Optional: chili flakes, sesame seeds, or black pepper for topping

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1. Preheat Oven

Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.

2. Make Flax “Egg”

In a small bowl, mix 2 tbsp ground flaxseed with ¼ cup water. Let it sit for 5–10 minutes until thickened.

3. Mix Dry Ingredients

In a medium bowl, combine chickpea flour, salt, baking soda, and spices/herbs.

4. Form the Dough

Add the flax “egg” to the dry ingredients and stir. Gradually add 2–4 tbsp water until a soft, pliable dough forms—not sticky, not dry.

5. Roll & Cut

Place the dough between two sheets of parchment paper. Roll it out to ~⅛-inch (3 mm) thickness. Remove the top parchment, and cut into squares or desired shapes using a knife or pizza cutter.

6. Bake

Transfer (with the bottom parchment) to a baking sheet. Bake for 15–20 minutes, flipping halfway if you like extra crispness. Crackers are done when golden and firm.



