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Vegan Options in Auckland, NZ



Spring Chickpea Crepe

By Stephanie Dreyer

Ingredients

- 1/2 cup chickpea flour
- 1/2 cup almond milk
- 2 artichoke hearts in water , drained and finely chopped
- 1/4 cup zucchini , finely chopped
- 1/4 cup shredded carrots
- 1 garlic clove , minced
- 1 teaspoon thyme , dried
- 1 teaspoon rosemary , dried
- Salt and pepper , to taste
- 1 tablespoon olive oil
- Sliced avocado and fresh herbs (for garnish)

Instructions

1. Heat olive oil in a small pan. Add garlic and saute 1 minute.
2. Stir in the vegetables and cook 5-7 minutes until softened. Add salt and pepper to taste. Set aside.
3. Combine the chickpea flour and almond milk in a bowl and stir well.
4. Pour the batter into the pan and cook 3 minutes.
5. Spread the vegetable mixture onto one half of the batter.

- 6. When you can lift the crepe easily from the pan (about 2-3 minutes), fold the side without the vegetables onto the other side.
- 7. Cook 2 minutes and flip the crepe over. Cook another 2 minutes.
- 8. Garnish with fresh herbs and avocado, if desired.



About the author...

I am **Stephanie Dreyer**, award-winning author, freelance writer, blogger, and mom.

I am on a mission to help families eat healthier. I get excited about food! Feeding friends and family is my favorite thing to do, but I love cooking with my kids best!! I want to inspire the world to get in their kitchens more and in the fast food lane less.

