

ONE BITE

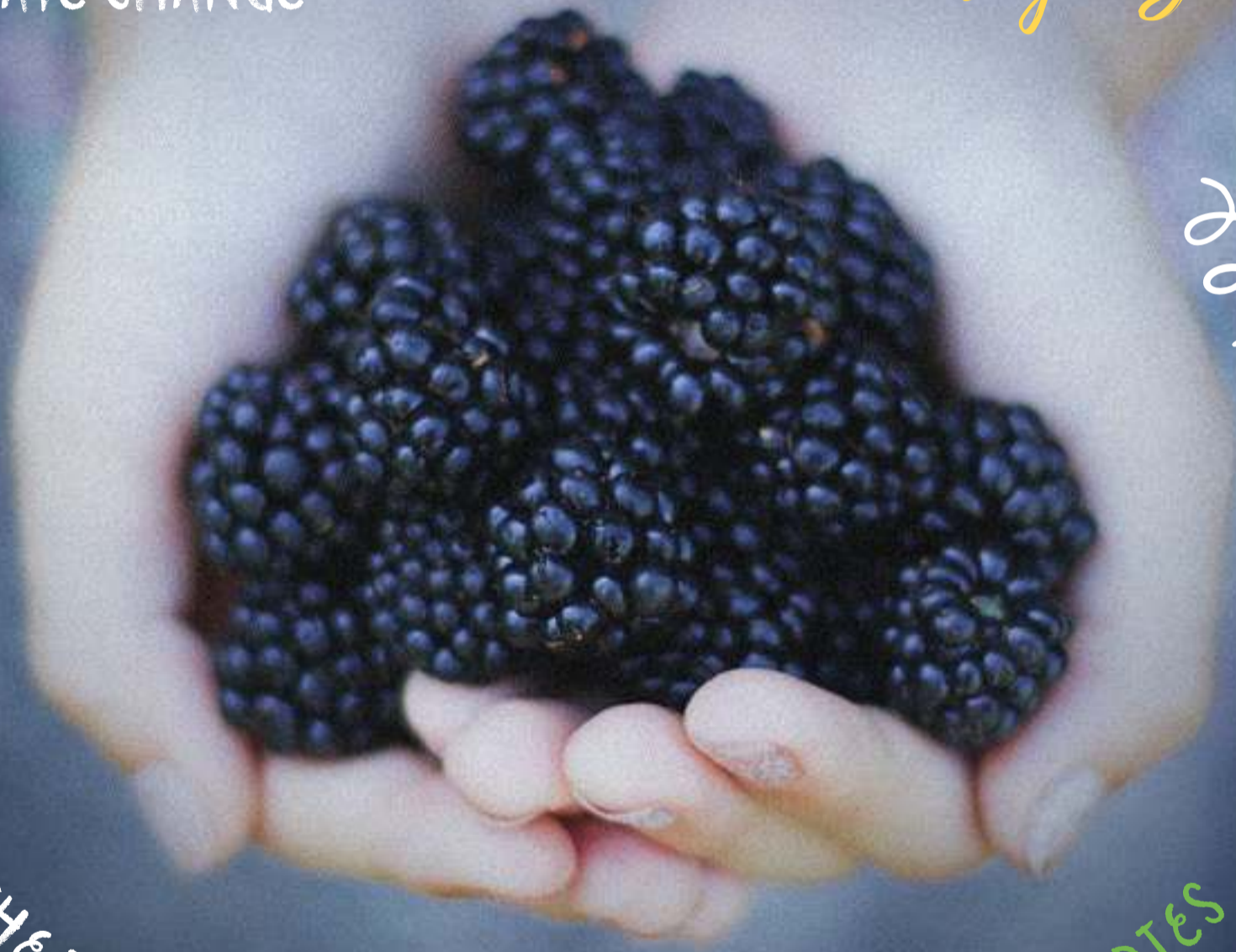
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Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

CHICKPEA SCRAMBLE

By Jenna Urben

Chickpea Scramble comes together in no time and is vegan, gluten-free, dairy-free, egg-free and soy-free! Toss it together with your favorite veggies and you have a filling plant-based breakfast.

INGREDIENTS

CHICKPEA FLOUR DOUGH

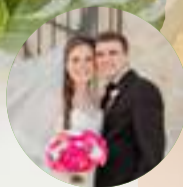
- 1 cup chickpea flour
- 1 cup water
- 3 tablespoons nutritional yeast
- ½ teaspoon turmeric
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- Salt and pepper to taste

OPTIONAL ADD-INS:

- Sweet potato, mushroom, onion, bell pepper, jalapeño

INSTRUCTIONS

1. Stir all of the chickpea flour dough ingredients together in a bowl then set aside.
2. Heat a tablespoon of olive oil in a nonstick pan over medium-low heat.
3. Pour the chickpea flour dough into the pan and let cook for about three minutes, until the edges start to firm up a bit.
4. Scramble the mixture and let sit again. Once the chickpea flour scramble comes together, break apart, mix in vegetables to warm, and serve.



Jenna Urben —

Jenna Urben is the recipe developer behind theurbanlife.com. She first started her blog to share her recipes that were allergy friendly, having egg and dairy allergies herself. All of the recipes that you'll find on her website are egg and dairy-free, a lot of the recipes being vegan or easily substituted.

Website: theurbanlife.com

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