Rosemary Garlic Flatbread

From the American Institute for Cancer Research

http://www.aicr.org/health-e-recipes/2018/rosemary-garlic-flatbread.html

Ingredients

- 2 cups chickpea flour
- 3/4 cup sorghum flour
- 1/4 cup golden flaxseed
- 1/4 cup lemon juice
- 1 small head of garlic
- 2 cups water
- 1 tsp salt
- 1/2 tsp grated lemon zest
- 4-5 sprigs of fresh rosemary, chopped (or 1 Tbsp dried)
- 2 Tbsp olive oil, divide

Instructions

1. Preheat oven to 450°F.
2. Slice off the top of the garlic head to expose the garlic cloves, wrap in foil and roast in the oven for about 30 minutes.
3. In a large bowl, mix flours, flaxseed, salt, zest, salt, and rosemary.
4. Add lemon juice and water and whisk to combine. The batter should be thick but not stiff; do not overmix (a few small lumps are fine).
5. If possible, let the mix sit for at least 30 minutes (the longer the better).
6. Remove garlic from oven when cloves are fork-soft and squeeze out the cloves. Roughly chop them (large pieces are fine) and stir them into the batter.
7. 10 minutes before you are ready to cook the flatbread, drizzle 1 Tbsp olive oil in your 12-inch skillet and set it in the oven to heat up.
8. Add about 1/2 - 1/3 of the batter to the pan (depending on how thick you want your flatbread) and tilt to coat evenly.
9. Place the pan in the oven to cook the flatbread for 10-15 minutes, or until you can easily lift it from the pan with a spatula and the bottom is getting golden brown.
10. Turn the oven to broil and broil for 2-3 minutes, or just until the top starts to brown.
11. Remove from oven, slide onto a cutting board, and slice into wedges.
12. Repeat with the 2nd batch of the batter.

Makes 8 servings
Nutrition information per serving

Calories: 180	Dietary Fiber: 5 g
Total Fat: 6 g	Sodium: 310 mg
Saturated Fat: <1 g	Protein: 8 g
Cholesterol: 0 g	Carbohydrates: 25 g