**Sprouted Garbanzo Flatbread**

**8 servings  
3 day prep time**

**15-20 min. cook time**

* 2 ½ cups sprouted garbanzo flour
* 2 cups filtered H2O
* 3 Tbsp sesame oil
* 1 tsp salt

**Sprouting:**

1. Use a ½ gallon or quart sized mason jar with a mesh lid to soak 1 ½ cups garbanzo beans overnight in a cool, dark place.
2. Regularly check on the beans throughout the first 4 hours. Refill when necessary, beans will be fully submerged for the first 12 hours at least.
3. Drain the beans and rinse. Allow to suspend in a bowl, mug, or jar for the next 2-3 days. Rinse at least 2 times a day.
4. Once the tails have grown half the size of the beans lay them on a baking sheet.
5. In an effort to simulate a dehydrator, preheat the oven to 200 degrees F or as low as temperature as possible.
6. Keep the oven slightly open for better air circulation.
7. Allow the beans to cook for 2-3 hours - check on them regularly. Rotate the beans gently with your hands to determine their humidity.
8. Once the beans have “dehydrated” they are ready to process into flour.
9. Use a heavy duty grinder or food processor and allow the beans to grind until a fine meal is achieved.
10. If not using the flour immediately store in a clean, dry jar fit to size until ready for use.

**Flatbread:**

1. Mix all the ingredients in a large bowl and allow to sit for 30 minutes.
2. Meanwhile, preheat the broiler.
3. Before time is up, lightly oil a 12.5 in x 10.25 in wide cast iron skillet and pre-heat in the oven for 5 minutes.
4. Carefully remove from the oven and pour the flatbread mix into the skillet. It will begin to cook on the edges and turn golden brown.
5. Allow to cook for 15-20 minutes. Check status every 5 minutes.
6. When desired consistency is achieved remove the bread from oven and allow the flatbread to cool. Cut into 8 pieces and remove to enjoy!

*Tips:*

* Sprouting garbanzo beans is not necessary, however we highly recommend it for exponential amounts of health benefits alternative to using non-sprouted garbanzo flours.
* Add zesty spices or fresh herbs such as rosemary, thyme, garlic, cayenne or turmeric to enhance the savory flavors!