

GF YORKSHIRE PUDDING



INGREDIENTS:

- 1 tbsp avocado oil or other high smoke point oil
- 1/2 tsp salt
- 1/2 cup chickpea flour
- 3 eggs
- 2/3 cup 2% milk, soy, or pea milk

DIRECTIONS:

1. Preheat oven to 425 F
 2. Coat a muffin pan or a medium casserole dish with avocado oil
 3. Place oiled dish in the oven, allow the pan and oil to heat for ~7 minutes
 4. While pan heats, in a large bowl add flour and salt and mix
 5. Add eggs and mix them in the flour mixture. Finally slowly add the milk and mix. Ensure there are no clumps
 6. Open the oven, pull the wrack out, and carefully pour mixture into the dish, it should sizzle. (Note: you can remove the dish from the oven but ensure it does not cool, the key to a successful pudding is a hot baking dish)
 7. Bake for 20 minutes if using a muffin pan and 30 minutes if using a casserole dish
 8. Serve as a side to accompany gravy and meats
- Enjoy!

Makes 12 serving

Calories: 48 | Protein: 3 g | Carb: 2 g | Fat: 3 g