

# VEGAN OMELET



## INGREDIENTS:

- 1/2 cup chickpea/garbanzo flour
- 1/2 cup unsweetened soy or pea milk
- 1/4 cup nutritional yeast
- 1/4 tsp baking powder
- 1/4 tsp black pepper
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp salt

## DIRECTIONS:

1. Add all ingredients to a blender, blend until smooth
  2. Heat a pan on medium heat, lightly spray with cooking oil
  3. Pour 1/4 cup of the mixture onto the pan, cook on medium heat for ~3-4 minutes (Top portion will look almost fully cooked)
  4. Flip and cook for another minute
  5. Fill with veggies of choice and fold over
  6. Best served warm. Store up to 3 days.
- Enjoy!

Makes 2 Servings | Serving Size: 1 Omelet  
Calories: 163 | Protein: 14 g | Carb: 22 g | Fat: 2 g | Fiber: 10 g