

# Organic Garbanzo Flour

Country of Origin: USA/Canada

Organic

Pro-Cert

## Nutrition Facts

### Valeur nutritive

Per 3/4 cup (100 g) / par 3/4 tasse (100 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 360	
<b>Fat / Lipides</b> 6 g	<b>9 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 25 mg	<b>1 %</b>
<b>Carbohydrate / Glucides</b> 61 g	<b>20 %</b>
Fibre / Fibres 10 g	<b>40 %</b>
Sugars / Sucres 11 g	
<b>Protein / Protéines</b> 19 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	10 %
Iron / Fer	40 %

### Factoid:

The garbanzo bean is originally from the Middle East. Because garbanzo flour, also known as chickpea flour, is made from a legume rather than a grain, it is a great alternative for people with wheat sensitivities. It is also a good source of fibre, manganese, iron, and folate.

### Allergen Information:

This product may contain sesame seeds.

### Ingredients:

Organic garbanzo beans.



**Recipe:**

left coast  
ORGANICS

# Gluten Free Garbanzo Chocolate Cupcakes

## Ingredients:

2 3/4 C garbanzo bean flour, sifted twice

1 3/4 C sugar

3/4 C cocoa powder

1 1/2 tsp baking powder

2 tsp baking soda

1/2 tsp salt

2 eggs

2 tsp vanilla

1/2 C olive oil

1 C whole milk

1 C boiling water

## Instructions:

1. In a large mixing bowl, mix flour, sugar, cocoa powder, baking powder, baking soda, and salt together.
2. Mix in eggs, vanilla, olive oil, and milk. Stir just enough to combine. Mix in water.
3. Fill cupcake liners until they are half full.
4. Bake at 350F for 25 minutes or until the top bounces back when lightly touched.

