

Sprouted Turmeric Chickpea Crackers

Awesome low glycemic index snack food

Super Easy!

Super Tasty!

Ok for diabetics, candida diet, etc etc



Ingredients:

2 cups high quality organic garbanzo beans

4 Tablespoons ghee / coconut oil

3 Tablespoons olive oil

¼ ts salt

½ ts curry leaf powder (optional)

½ ts indian curry mix

2 ts ginger powder

3 ts turmeric powder

1 ts coriander powder

3 ts cumin seeds

½ cup water

For health reasons, we prefer to buy everything organic, and buy 1# bags of spices, so there is no hesitation to use plenty of these healing herbs. Note that turmeric must have been tested for lead.

Equipment:

2 mason jars, 2 thick rubber bands, 2 pieces of cheesecloth (or other sprouting equipment)

cuisinart food processor (or a stout blender)

oven

baking sheet

baking parchment

[option – instead of oven, you could use a food dryer with related trays etc.]

Baking spatula and/or BBQ spatula

Directions:

STEP ONE – SPROUTING

Thoroughly rinse chickpeas, and set to soak overnight, 1 cup each per mason jar. [Image 1]

Over subsequent days, rinse the chickpeas and set to drain, at least once per day. [Image 2]

Once sprouts are 1-2cm long, it is time for final rinse and grinding with all ingredients. [Image 3]



Images 1 & 2

Simple set up for sprouting – note that here the mason lids are used, but thick rubber bands, such as what comes with broccoli, work better for holding the cheesecloth. Sprouting happens best in a window that is not getting direct Southern exposure. Be sure jars are tipped so water can drain away from sprouts. Chickpeas should be fresh and not irradiated – bulk department which has volume sales is a good source, and best price too.

STEP TWO – GRINDING/MIXING – Image 3

With a baking spatula ready to help mix the ingredients, combine all ingredients in the cuisinart food processor. If you are using a blender you may need to mix ingredients in two or more batches, possibly mixing all powders and then splitting the mix for each batch. This recipe works perfectly for one run in a cuisinart and one cookie sheet in the oven.



STEP THREE – BAKING/DRYING

Set oven to 200 degrees F. Lay out baking parchment on the cookie sheet, then spread the mix with either baking spatula or even better, a large BBQ spatula. Work the mix around the whole tray, making a thin layer, but without cracks and holes. This recipe is just enough to make one thin layer on a standard cookie sheet. Note that you could grease the sheet and not use the baking parchment, but then your are likely to end up scraping the proceeds off the sheet and are unlikely to get nice squares.

Bake at 200 degrees for one hour. Remove from oven and flip the whole flat. One way to do this gracefully is to apply a second sheet of parchment and then flip the sandwich carefully, possibly using some flat plate such as a cutting board or another cookie sheet to make this go smoothly.

Before putting the tray back in the oven, consider scoring the panel into rectangles now, while everything is soft – use a plastic spatula, or plastic baking scraper, to avoid cutting the parchment or damaging any non-stick surfaces.

Complete the baking / drying process with a two hour stint at 200 degrees. If you have an oven than can be preset to turn off, consider setting it to turn off at 1:45 cooking time – the heat will continue to bake the crackers and you will save some energy this way.