

## Green Lentil Flatbread - Gluten-Free, High-Protein & Easy

Green Power Red Lentil Flatbread Recipe



**TIME**  
**3 min**

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**ChefManiac**

### INGREDIENTS

- 1 cup (200g) red lentils, soaked
- 1... cups (300ml) water
- $\frac{1}{2}$  cup (30g) fresh spinach
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{2}$  tsp cumin powder
- 1 tsp olive oil, for cooking

### DIRECTIONS

- 1. Soak the Lentils:** Soak your red lentils in water for 2-3 hours, then drain and rinse them thoroughly. This softens them and helps them blend smoothly.
- 2. Blend the Batter:** In a blender, combine the soaked lentils, fresh water, spinach, salt, pepper, and cumin powder. Blend until smooth-about 30-60 seconds. You should get a pourable, pancake-like batter.
- 3. Heat the Pan:** Heat a non-stick pan or cast iron skillet over medium heat. Add 1 tsp olive oil and swirl to coat.
- 4. Cook the Flatbread:** Pour a ladle of batter into the pan and spread it out gently with the back of the ladle. Cook for 2-3 minutes, until the edges begin to lift and the surface sets. Flip and cook for another 2 minutes on the other side.
- 5. Serve:** Serve warm, topped with your favorite spreads or fillings. This flatbread works great as a wrap, or simply with dips like hummus or tzatziki.

### TIPS FOR SUCCESS

- Use a blender , not a food processor, for the smoothest batter.
- Don't overcrowd the pan -cook one at a time for best results.
- Make a batch and freeze flatbreads between parchment paper.
- Add a splash of lemon to the batter for a citrusy twist and bright color.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/green-lentil-flatbread-gluten-free-high-protein-easy/>