

## High-Protein Lentil Flatbread Recipe: Easy 2-Ingredient Gluten-Free Hack

High-Protein Lentil Flatbread: The Easy, Gluten-Free Bread Alternative You'll Crave



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

**Red Lentils:** 1 cup, rinsed (200g). Red lentils are key because they break down much faster and smoother than green or brown varieties.

**Water:** 1 1/2 cups (360ml) for soaking and blending.

**Salt:** 1/2 tsp (2.5g) to enhance the earthy flavor of the lentils.

**Garlic Powder:** 1 tsp (5g) for a savory kick.

**Cumin:** 1/2 tsp (2.5g) for a touch of warmth.

**Oregano:** 1/2 tsp (2.5g) for an herbal, Mediterranean vibe.

**Olive Oil:** 1 tbsp (15ml) for the pan.

### DIRECTIONS

- 1. Soak the : Lentils:** Start by soaking your rinsed red lentils in 1 1/2 cups of water for about 3 hours. This softens the outer shell and ensures your "dough" is actually a smooth, pourable batter.
- 2. Blend to : Perfection:** Do not drain the soaking water! Pour the whole mixture into a high-speed blender. Add your salt, garlic powder, cumin, and oregano. Blend on high until it looks like a thick crepe batter-no lumps allowed!
- 3. Prep the : Pan:** Heat a non-stick skillet over medium heat. Add a tiny bit of olive oil and wipe it around with a paper towel.
- 4. The : Pour:** Pour about ... to 1/2 cup of batter into the center of the pan. Use the back of a spoon to spread it out into a thin circle, just like a pancake.
- 5. Cook and : Flip:** Let it cook for 3-4 minutes. You'll know it's ready to flip when the edges lift easily and the top looks dry.
- 6. Golden : Finish:** Flip and cook for another 2-3 minutes until you see those beautiful golden-brown spots.

### SWAPS & NOTES

**The Spice Rack:** Feel free to swap the oregano and cumin for smoked paprika or chili powder if you want a Mexican-inspired wrap to pair with this Mexican chicken and rice casserole.

**Lentil Types:** Stick to red or yellow split lentils.

Whole green lentils will result in a much grainier, tougher texture that doesn't fold as well.

**Soaking Time:** If you're in a rush, you can use boiling water and soak for 30 minutes, but for the smoothest batter, a 3-hour soak is best.

## TIPS FOR SUCCESS

**Thin is In:** The thinner you spread the batter, the more "tortilla-like" it will be.

If you leave it thick, it will be more like a soft naan or pita.

**The Non-Stick Factor:** Even with a great pan, a tiny bit of oil goes a long way in getting that crispy exterior.

**Keep Them Warm:** As you finish each flatbread, stack them on a plate and cover them with a clean kitchen towel.

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

Original recipe: <https://chefmaniac.com/high-protein-lentil-flatbread-recipe-easy-2-ingredient-gluten-free-hack/>