GLOBAL · BREAKFAST · SIDE

# Flourless Chickpea Bread (Vegan, Gluten-Free)

75 min · plus 9 hours soaking, then cooling · Makes 11 × 1 slice · 90 kcal a portion · Video 4:48 · Ela Vegan

Vegan · Gluten-free ingredients · No nuts listed

Whole chickpeas, flax and psyllium replace flour: almost 6 g fibre for under 10 g net carbs a slice, so it is digested slowly, and it is a good source of folate and plant omega-3.

**Diet notes:** Low saturated fat (0.2 g, 2% of the energy).

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## Ingredients 9 · MAKES 11 × 1 SLICE

- [ ] 1 cup **dried chickpeas** (not canned), soaked 9 hours (about 14 oz soaked)
- [ ] ¾ cup **fresh water**
- [ ] ¼ cup **ground flaxseeds**
- [ ] 4 tbsp (1½ oz) **psyllium husk powder** (not whole husks)
- [ ] ½–¾ tsp **salt**
- [ ] 1¼ tsp **baking powder**
- [ ] ¾ tsp **baking soda**
- [ ] 1½ tbsp (½ oz) **vinegar** (or lemon or lime juice)
- [ ] a few **flaxseeds**, to sprinkle on top (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Cover the dried chickpeas with plenty of water and soak about 9 hours, until they double to about 14 oz. 0:35
2. Drain and rinse the chickpeas, heat the oven to 360 °F and line a baking tray with baking paper. 0:50
3. Blend the chickpeas with the ¾ cup fresh water in a food processor, stopping to scrape down the sides, until you have a smooth batter. 1:01
4. Add the ground flaxseed, psyllium powder, salt, baking powder, baking soda and vinegar and blend again until combined — the dough thickens quickly. 1:36
5. Tip the dough onto the tray and shape it into a round loaf with your hands, smoothing the top and sides with lightly wet hands. 2:22
6. Score the top with a sharp knife and, if you like, sprinkle over a few flaxseeds. 3:12
7. Bake 50–60 minutes, until the crust is firm and the base sounds hollow when tapped. 3:36
8. Let the loaf cool completely before slicing so the inside sets, then cut into 11 slices. 3:56

> **Tip** Use dried chickpeas, not canned, and psyllium powder rather than whole husks. Good with avocado, hummus or nut butter. Keep it in the fridge a few days or freeze it sliced.

The method is a summary in our words — the video shows every step.

## One portion (1 slice) gives you 1 OF 11 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **90** kcal | **4.3** g | **16** g | **5.8** g | **2.2** g | **270** mg |
| 380 kJ | 9% of a day | 9.7 g net · 2 g sugars | 21% of a day | 0.2 g saturated | 12% of a day |
| | | 6% of a day | | 3% of a day | |

**Energy from** net carbs 51% · protein 23% · fat 26%

**High in** (20%+ of a day) Omega-3 37% · Folate 26%

**Recipe and video:** Ela Vegan (@ElaVegan) on YouTube — youtube.com/watch?v=3vrRHtb8O7o, published 4 January 2026. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/flourless-chickpea-bread