**Italian chickpea flat bread**

**Serves: 8**

* 90g chickpea flour
* 230ml water
* cooking spray, as needed
* 2 tablespoons oil
* 1 1/2 teaspoons dried mixed Italian herbs
* 1 1/2 teaspoons chopped dried rosemary
* ground black pepper, to taste
* 1 pinch salt to taste (optional)

1. Whisk chickpea flour and water together in a bowl until smooth; let sit at room temperature, 2 to 6 hours.
2. Preheat oven to 230 C / Gas 8. Spray the inside of an 20cm (8 in) tart tin with cooking spray.
3. Skim foam from the top of chickpea-water mixture. Add oil, Italian herbs, and rosemary and stir until combined. Pour mixture into the prepared tin; sprinkle black pepper and salt over the top.
4. Bake in the preheated oven until edges begin to brown, about 15 minutes. Remove bread from tin and cut into wedges.