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Courtesy of Anna Sward of Proteinpow.com

Protein Tortilla Chips

Ingredients:

3/4 cup liquid egg whites

1/8 cup chickpea flour (or buckwheat or brown rice flour)

1 tbsp psyllium husks

1 tbsp flaxseeds

1 tbsp unflavored pea protein (or Sunwarrior's unflavored warrior blend)

1/2 tsp sea salt

Directions:

1. Blend all ingredients into a pancake-like batter.
2. Spread batter as thin as possible on a piping-hot non-stick pan (further made non-stick with some coconut oil or PAM spray). Use a spoon to spread the mixture.
3. When one side is cooked, flip it to cook the other. You can either make one large pancake or two smaller ones.
4. When the pancake is done, add extra salt, dried herbs, or a drizzle of olive oil to the top. Slice pancake into tortilla-chip-sized rectangles or triangles.
5. Place chips on a baking pan and broil until one side is nicely browned. Flip chips and broil until the other side is brown and crunchy as well.
6. Eat up. They're best eaten warm because, as they cool, they lose some of their crunchiness. If that happens, just pop them in the oven again and the crunch bounces back.

Chipping options:

1. Try adding cheese and pizza herbs like rosemary, thyme, and a half-tablespoon of tomato paste to the batter. Pizza-flavored chips are not just for the kids!
2. Adding flaxseed to your batter ensures that your tortilla chips end up even crunchier and delivers some omega 3 fatty acids.
3. For another delicious option, blend in some sun-dried tomatoes. They're perfect with hummus or baba ghanoush.