

Cheesy Chickpea Pizza Puffs

These delightful pizza puffs are baked in muffin tins, featuring a rich batter made from cottage cheese and chickpea flour.

Perfect for a quick snack or appetizer, they are savory, cheesy, and packed with flavor!


30 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1/4 cup cottage cheese
- 1/4 cup chickpea flour
- 1 tablespoon cornstarch
- 1/4 teaspoon baking powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon Italian seasoning
- 1/4 cup shredded mozzarella cheese
- 1 tablespoon pizza sauce
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 375°F (190°C) and grease a muffin tin.
- 2 In a bowl, mix together the cottage cheese, chickpea flour, cornstarch, baking powder, garlic powder, Italian seasoning, salt, and pepper until smooth.
- 3 Fold in the shredded mozzarella cheese and pizza sauce until well combined.
- 4 Spoon the batter into the prepared muffin tins, filling each cup about 3/4 full.
- 5 Bake for 20-25 minutes or until the tops are golden and a toothpick inserted comes out clean.
- 6 Allow to cool slightly before removing from the tin. Enjoy warm!