

Chickpea Flour Pizza Puffs

These delightful pizza puffs are made with a chickpea flour and cornstarch dough, baked in a muffin tin for a perfect bite-sized treat. Ideal for a quick snack or appetizer, they are crispy on the outside and stuffed with your favorite pizza toppings.



30 min

Total time

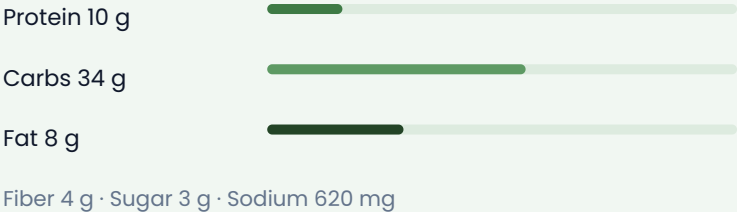
easy

Difficulty

250

kcal / serving

Nutrition per serving (estimated)



Ingredients

- 1/2 cup chickpea flour
 - 1/4 cup cornstarch
 - 1/4 tsp baking powder
 - 1/4 tsp salt
 - 1/4 cup water
- 1/4 cup shredded mozzarella cheese
 - 2 tbsp pizza sauce
 - 1 tbsp chopped bell peppers
 - 1 tbsp sliced olives
 - 1/2 tsp dried oregano

Steps

- Preheat your oven to 375°F (190°C).
- In a bowl, mix chickpea flour, cornstarch, baking powder, and salt.
- Gradually add water to form a smooth batter.
- Grease a muffin tin and pour a small amount of batter into each cup, filling them halfway.
- Add a spoonful of pizza sauce, mozzarella cheese, bell peppers, and olives into each cup.
- Cover the toppings with the remaining batter until almost full.
- Sprinkle dried oregano on top.
- Bake for 20–25 minutes until golden and puffed.
- Let cool slightly before removing from the tin and serve warm.

Substitutions

mozzarella cheese – A similar amount of mild provolone, shredded

bell peppers – A similar amount of finely chopped mushrooms

sliced olives – A similar amount of finely chopped artichoke hearts

Chef’s tips

- The puffs are ready when the tops look set and lightly browned; a soft center usually means they need a little more time.
- Avoid overfilling the muffin cups, since the batter rises and overflowing edges can make the puffs harder to remove.
- Let them rest briefly in the tin so their delicate sides firm up before lifting them out.

Drink pairing

A crisp pilsner

Its clean, bubbly finish pairs well with the savory cheese, olives, and pizza-style flavors.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and keep for 3–4 days. Reheat until steaming hot; the outside may be less crisp after storage.

Frequently asked questions

How can I tell when the centers are cooked?

The tops should be puffed and golden, and the centers should look set rather than wet. If they still seem soft, give them a few more minutes.

Can I make the batter ahead?

For the best rise, mix the batter shortly before baking. You can chop the toppings and measure the dry ingredients ahead, then combine when ready.

How do I keep the puffs from sticking?

Grease each muffin cup thoroughly, including the sides. Let the puffs cool briefly before loosening their edges with a small, blunt knife.