



Pumpkin Amaranth Flatbread

by Cats in the Kitchen

This flatbread is sweet and almost like a cookie.

½ cup of pumpkin puree

2 cups amaranth flour

1-1 1/2 tsp. salt

1- 1 1/2 tsp. cinnamon

2-4 T. of maple syrup, agave nectar or brown sugar (depending on preference on degree of sweetness)

1 tsp. gluten-free baking powder

2-3 T. olive oil

Water, as needed

Preheat the oven to 350 degrees. Spray a large baking sheet with pan spray or line with parchment paper.

In a large bowl, combine the pumpkin puree, flour, cinnamon, olive oil, sweetener and baking powder. Slowly add small amounts of water (about 1/2 cup) as needed to get the dough to stick together. Shape the dough into a ball. Moisten your hands frequently with cold water to prevent the dough from sticking to your hands. Grab the dough in your hands and place it on the prepared baking sheet. Keep your hands moistened and press the dough out into a large flatbread about 1/8-inch thick. Spray the top lightly with olive oil and place in the oven for 25-30 minutes. Remove from the oven, allow to cool and then cut into large or small pieces. But if you can't wait, grab off a piece, spread with Sunbutter, coconut oil or apple butter and enjoy! It's also great plain.