



### **Trinbagonian Creamy Chickpea Hummus Wraps**

*Serve with mango and cucumber slices and red pepper relish*

#### **Flatbread Dough**

2 cup and 1 to 2 Tablespoons all-purpose flour  
 1/2 Tablespoon baking powder  
 1 teaspoon active dry yeast  
 1/4 teaspoon turmeric powder  
 1/2 teaspoon salt  
 1 teaspoon light brown sugar  
 3/4 cup warm water, about 120 to 130 degrees F  
 Olive oil as needed

**Ingredients as desired to top each flatbread:** fresh cilantro leaves, avocado hummus, red pepper relish, fresh narrow mango slices, cucumber slices, reserved chickpeas, and optional pepper sauce.

**Make Flatbread Dough:** In a mixing bowl, combine 2 cups flour, baking powder, dry yeast, turmeric, salt, and brown sugar. Slowly pour in the water, mixing to incorporate the ingredients. With a kneading hook, knead dough about 5 minutes, adding more flour as needed. Transfer ball of dough into lightly greased bowl, turn dough over once; cover bowl with plastic wrap. Set in warm place to double, about 45 minutes to 1 hour.

**Prepare Creamy Avocado Hummus (see attached recipe)**

**Fry Flatbreads:** Heat a cast iron 10-inch skillet over medium heat until hot (about 350 degrees F) Form dough, a few at a time, into golf ball sized pieces, coat them with a splash of oil; flatten or roll surface into a 5-inch round. The oil helps to keep the dough from sticking. Working one at a time, fry each piece of dough for about 10 to 15 seconds until slight browning appears; flip; then fry another 5 to 10 seconds. Move to paper towel lined plate. Yield: about 6 to 8 flatbreads

**To Serve:** Place 1 flatbread on small serving plate; top with cilantro leaves, add a dollop of avocado hummus, drizzle with red pepper relish; serve with narrow mango slices, mini cucumber slices, and reserved chickpeas. Drizzle with pepper sauce as desired.  
Yield: about 6 to 8 flatbreads

**Recipe Inspired by:** Queen Trini Lisa Trinbagonian Doubles Trinbagonian means someone living on either of the twin islands of Trinidad and Tobago

**About the Recipe:** These lightly flavored turmeric flatbreads are covered with fresh cilantro leaves, creamy hummus, zesty red pepper relish, chickpeas, sweet mango, and mini cucumber sticks. Serve them for breakfast, lunch, dinner, or snacks.

### **Creamy Avocado Hummus with Red Pepper Relish**

1 (15 oz.) can chickpeas, drain; set liquid aside  
1 large ripe avocado, peeled, seeded  
3 Tablespoons olive oil  
2 Tablespoons tahini  
1 teaspoon fresh lemon juice  
1/3 cup chickpea aquafaba (liquid from chickpeas)  
1 teaspoon cumin

1/4 teaspoon garlic powder

1/2 teaspoon salt

1/4 teaspoon (each) ground black pepper

1/8 teaspoon ground red pepper or as desired

Topping: 2 Tablespoons sweet/savory pepper relish or as desired

**Prepare Hummus:** Remove about 1/3 cup chickpeas; set aside. Pulse remaining chickpeas, avocado, olive oil, tahini, and lemon juice in food processor until smooth, about 2 minutes. Add chickpea liquid, cumin, garlic powder, salt, black pepper, and red pepper; process mixture until very smooth and creamy about 5 minutes.

**To Serve:** Place hummus in serving bowl. Spoon sweet/savory red pepper relish over hummus as desired; swirl lightly into hummus

**About the Recipe:** The red pepper relish, swirled in creamy avocado, adds a sweet savory flavor to popular avocado hummus. Serve with flatbread wraps.