

Secret Life of Teeth Preview

I am so excited to unveil a new podcast series titled “The Secret Life of Teeth” with holistic dentist and friend Ana Sanduta where we will discuss and learn about what mindful dentistry really entails and how many factors in our lives contribute to our dental health. Join us every week for new podcasts so you can learn how to keep not only your teeth healthy, but also your mind and body.

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Socca Bread

This simple rustic flatbread holds a special place in my heart and I am sure it will in yours as well. Socca bread has the ability to make a simple soup and salad meal complete.

I like to use my cast iron skillet but feel free to use your choice of an oven-safe pan.

Ingredients

- 1 cup chickpea flour (aka besan or garbanzo bean flour)
- 1 cup lukewarm water
- $\frac{1}{2}$ t mineral salt
- 2 – 3 T olive oil
- $\frac{1}{2}$ large sweet or red onion finely sliced
- 1 t Za'atar, or dried herbs of your choosing

Directions

Preheat oven using the broiler setting, placing the rack at the lower half of the oven.

Blend flour, water, salt and 2 tabl of olive oil, allowing to stand for a minimum of 15 minutes, the longer the better.

Warm remaining oil in pan over low to medium heat and sauté onions until soft and translucent. Pour batter over onions and allow mixture to cook slowly, loosening the edges with a spatula as you would a large pancake.

When the bottom of the Socca bread has set but the top layer is still wet, sprinkle with herbs and place under the broiler.

Watch carefully so not to burn, taking the pan out once it is golden in color and cooked through.

This step will take 5-10 mins max.

Flip onto a serving platter and enjoy warm or at room temperature.