



The Chickpea Flour Cookbook: Healthy Gluten-Free and Grain-Free Recipes to Power Every Meal of the Day

Camilla V. Saulsbury

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Say hello to the gluten-free flour of your dreams. Exceptionally high in protein, fiber, and iron, and gluten-free, grain-free, and low-glycemic, chickpea flour is the total package. *The Chickpea Flour Cookbook* is your go-to resource for using this tremendously versatile and nutritious pantry staple. Chickpea flour?also known as garbanzo bean flour, besan, and gram flour?is simply dried chickpeas ground into a fine flour ready to be incorporated into any number of savory and sweet recipes. Used for centuries in Mediterranean, Indian, and Southeast Asian cooking, chickpea flour is no passing fad. It's all-natural and incredibly easy to use, no gums or starches necessary. Nut-free and soy-free to boot, chickpea flour is a high fiber carbohydrate that doesn't spike blood sugar levels. Its numerous health benefits make it ideal for a wide range of special diets. Better yet, chickpea flour is affordable?a fraction of the cost of other pricey grain-free flours out there.

The Chickpea Flour Cookbook has over 80 delicious, healthy, easy-to-make recipes to power every meal of the day, including: Loaded Southwestern Chickpea Omelet (egg-free), Pumpkin Spice Waffles, Brown Sugar Banana Bread, Chickpea Tortilla Wraps, Carrot-Sesame Crackers, Sweet Chile-Garlic Crisps, Chickpea Pasta, Baked Coconut-Chickpea Onion Rings, Pumpkin-Sage Gnocchi, Smoky Backyard BBQ Burgers, Skillet Pizza, Sweet Potato Falafel, Double Chocolate Cake, Molasses Spice Cookies, Brown-Butter Blondies, and much, much more.

With *The Chickpea Flour Cookbook*, clean eating has never been simpler or easier. Beloved treats get a huge nutritional boost without sacrificing flavor or texture. In addition to being gluten-free, all of the recipes are free of nuts, grains, and soy, and the vast majority of recipes in the collection are either naturally vegan (dairy- and egg-free) or include vegan options, making this cookbook accessible to everyone.

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