

Chickpea Flour Does It All: Gluten-Free, Dairy-Free, Vegetarian Recipes for Every Taste and Season

By Lindsey S. Love

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Meet the New Must-Have-It Pantry Staple: Chickpea Flour

Why make chickpea flour your new go-to? Because everyone—gluten-free or not—will find a reason to love it. This versatile alternative to wheat flour shines in savory and sweet dishes alike. It's been used for centuries around the world, and is famous in Nice, France, where the flatbread *socca* is enjoyed with a chilled glass of rosé.

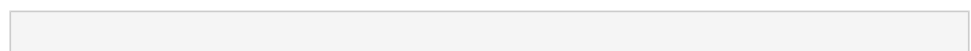
In this gorgeously photographed cookbook, Lindsey S. Love takes inspiration from her favorite seasonal ingredients, global flavors, and much-loved family recipes to create vibrant gluten-free, dairy-free, and vegetarian dishes where chickpea flour is the star. Gluten-free diners especially will be amazed by the variety—nothing's off the table anymore, and taste is never sacrificed. Plus, many recipes are vegan—taking advantage of chickpea flour as a base for vegan sauces and a soy-free alternative to tofu.

Lindsey's inventive recipes meld sophisticated and subtle flavors—and beg to be shared with friends and family at any time of the year!

Toast It, Sift It, Simmer It . . . Chickpea Flour Does It All:

Thickens and flavors hearty dishes like **Sunchoke and Leek Soup**

- Gives any dish a protein boost, even **Vanilla Bean Lavender Cupcakes**
- Adds creamy texture to dairy-free dishes, such as **Loaded Sweet Potatoes with Chickpea Sour Cream**
- And brings back family favorites—now gluten-free—like pizza (**Chickpea Pizza with Asparagus and Pea Shoot Tangle**) and pancakes (**Sautéed Pear and Sage Pancakes with Almonds**)!



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Editorial Review

Review

“Love’s debut cookbook shines with her luminous food photography. The reader’s quandary will be to decide which of these sublime chickpea recipes to cook up first.”—*Foreword*

“Love’s recipe for a simple quiche with a crust that includes almond and chickpea flours (making it gluten-free) drew me in first . . . Nobody eating it would think of chickpeas unless you mentioned them. The explorations are just beginning.”—**Joe Yonan**, *Washington Post*

“Lindsey S. Love's new book, *Chickpea Flour Does It All*, may be just the introduction that Americans need to start using this versatile flour”—**Oprah.com**

“Even readers who aren’t going gluten-free, vegan, or vegetarian will be attracted to this collection. This is a book that would be at home on any creative cook’s shelf.”—*Booklist*

“I highly recommend this cookbook.”—**Naturally Ella**

“While Lindsey has deeply explored one of my favorite ingredients (chickpea flour), this book certainly isn’t single-note. It’s much more than that. Open the cover to discover a robust, creative volume brimming with vibrant, health-supporting seasonal gems. *Chickpea Flour Does It All* is filled with recipes you will want to welcome into your kitchen (and life!) immediately.”

—**Heidi Swanson**, author of *Near & Far: Recipes Inspired by Home and Travel*

“Chickpea flour is one of those great secret ingredients—surprisingly versatile, gluten-free, and protein-packed, which makes it perfect for vegan cooking. Lindsey’s treasure-trove of inventive recipes, beautifully photographed, will inspire cooks of all types to make it a pantry staple.”

—**Tal Ronnen**, chef and author of *Crossroads: Extraordinary Recipes from the Restaurant That is Reinventing Vegan Cuisine*

“Lindsey S. Love has successfully created an inspiring, useful, and beautiful book using one of the most intriguing ingredients in my pantry: chickpea flour. In this book, you will discover how versatile and delicious this humble flour can be—from Lemony Panelle Sandwich and Spaghetti Squash Fritters to Chickpea Waffle Avocado Toast and Hearty Morning Glory Loaf—I’m excited to try them all!”

—**Amy Chaplin**, chef and James Beard–award winning cookbook author

“Lindsey’s approach to food makes you fall in love with seasonal, beautiful food that happens to be gluten-free and vegetarian. Her book will make you excited to step out and explore the many uses of chickpea flour through each season.”

—**Erin Alderson**, creator of naturallyella.com and author of *The Homemade Flour Cookbook*

“You’ll feel good just flipping through this book. *Chickpea Flour Does It All* is a gorgeous collection of thoughtful recipes that will, of course, get you excited about the potential of chickpea flour. Lindsey is also masterful at making a life of seasonally considered wellness feel like it’s within anyone’s reach.”

—**Laura Wright**, creator of the *Saveur* award-winning blog *The First Mess*

“*Dolly and Oatmeal* is one of my favorite corners of the internet: bright, friendly, healthy, and delicious. If you’re interested in being a little more mindful of healthy eating, *Chickpea Flour Does It All* is the book for you! I absolutely cannot wait to try out the Chickpea Frites, the Alfredo with Watercress and Chives, and the Baked Squash Tempura. Lindsey’s vibrant, inviting photography draws you in and her strong, knowledgeable voice guides you through the gluten-free world of chickpea flour. We all could use a little more chickpea flour deliciousness in our lives!”

—**Stephanie Le**, creator of *I am a Food Blog*

“Yes, chickpea flour really does it all. And it’s all because of the incredible Lindsey S. Love. Her recipes are inspiring, thoughtful, and most of all, delicious. The new flour power!”

—**Jessica Murnane**, creator of *One Part Plant* and the One Part Podcast

“For years, Lindsey’s blog has inspired me with its beautiful photos and fresh recipes, and she’s brought the same recipe wizardry and photo magic to the pages of *Chickpea Flour Does It All*. I’ve never seen anything like the Vanilla Bean Lavender Cupcakes and the Chewy Olive Oil Chocolate Chip Cookies. I cannot wait to make them and eat them all with less guilt because of how healthy chickpea flour is. Leave it to Lindsey to get me out the door and on the hunt for chickpea flour in bulk.”

—**Molly Yeh**, creator of *My Name Is Yeh*

About the Author

Lindsey S. Love is a food photographer and recipe developer living in Brooklyn, New York, with her husband and dog. She is the creator of the blog *Dolly and Oatmeal*, which has been a finalist for *Saveur* magazine’s Food Blog Awards numerous times. Her work has been featured in *Thoughtfully* magazine, *Food52*, the *Huffington Post*, *People.com*, *Buzzfeed*, *Epicurious*, *InStyle*, and *Saveur*.

Users Review

From reader reviews:

Jasmine Myers:

Spent a free a chance to be fun activity to try and do! A lot of people spent their leisure time with their family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your current free time/ holiday? Can be reading a book might be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the reserve untitled Chickpea Flour Does It All: Gluten-Free, Dairy-Free, Vegetarian Recipes for Every Taste and Season can be excellent book to read. May be it might be best activity to you.

Ilene Cody:

The book Chickpea Flour Does It All: Gluten-Free, Dairy-Free, Vegetarian Recipes for Every Taste and Season has a lot details on it. So when you check out this book you can get a lot of advantage. The book was compiled by the very famous author. Mcdougal makes some research prior to write this book. That book very easy to read you will get the point easily after looking over this book.

Tom Rivera:

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Lisa Sullivan:

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