



The Chickpea Cookbook (Hardback)

By Heather Thomas

Ebury Publishing, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. It s official: chickpeas are the new kale ! So, if you re hungry for some hummus, fancy a little falafel, or are keen to craft the perfect chickpea curry, this recipe book is filled to the brim with delicious and inventive ways to incorporate the humble chickpea into your everyday cooking. Chickpeas are packed with protein, full of fibre and, with a low GI, they are great for slow-release energy to combat that post-lunch slump. Not to mention how they perfectly compliment an array of other healthy superfoods including quinoa, avocado and sweet potato. Also, it s a delicious gluten-free alternative for mouth-watering bakes. With so many benefits, make sure this wonderful food finds its way into your cooking, with this delightful Chickpea Cookbook. Spicy or mild, baked or grilled, veggie, vegan or meaty, there s something for everyone in this book. From Tomato and Feta Falafel Burgers and Smashed Chickpea Quesadillas; to Chilli Chickpea Fritters, Caribbean Sweet Potato Chickpea Curry and even a mouth-watering Chocolate and Chickpea Squidgy Fudge Cake.



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