

Gluten Free Chickpea Flour

This recipe will make approximately 3 cups of flour



Ingredients

3 - 15 ounce cans chickpeas, drained

~OR~

1 $\frac{3}{4}$ cups dried chickpeas, cooked

Directions:

1. Prepare the chickpeas; if canned, drain and rinse them thoroughly; if using cooked chickpeas, ensure they are fully cooled.
2. Pulse the chickpeas in a food processor until they reach a coarse consistency, then spread them evenly on a parchment lined tray.
3. Freeze dry (my cycle time was 31 hours)
4. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended, the intended use is for this to be used as gluten free flour.

Notes:

This recipe filled one small tray, so multiple recipes can be used to fill multiple trays.

Nutritional Value Per 1/4 cup (28g) of flour

Calories: 110 Protein: 6 g Fat: 2 g Carbohydrates: 18 g Sugar: 3 g Fiber: 5 g