



Makes 1 10-inch pizza
Preparation Time: 20 minutes
Cook Time: 25 minutes

INGREDIENTS:

1 cup chickpea flour

1 cup unsweetened, unflavored
plant-based milk, such as
almond, soy, cashew, or oat

1 tablespoon tahini

1 tablespoon apple cider vinegar

¼ teaspoon baking powder

¼ teaspoon sea salt

Freshly ground black pepper

Chickpea Flour Pizza Crust (Gluten-Free), Plus Topping Ideas

I love this recipe for chickpea flour pizza crust. It's gluten-free, easy to make, and tastes delicious. It also holds up well with lots of veggie toppings. The best part is that it is so much lighter than a wheat crust, so you can enjoy a lot more of it. I like to cook several crusts at once and freeze them for later. (To freeze a crust, follow the instructions through Step 2; once cooled completely, transfer to a freezer-safe bag and lay it flat in the freezer. If making multiple crusts at once, place squares of parchment paper between them, to keep them from sticking together.) Having the frozen crust and bottled marinara sauce always on hand means any night can be pizza night.

Here are some topping ideas:

- **Oil-free marinara sauce**
- Sautéed veggies (such as shredded kale, frozen corn, chopped broccoli or cauliflower, and/or diced zucchini, onion, or bell pepper)
- **Nutritional yeast** for a cheesy finish
- Fresh basil or crushed red pepper (for sprinkling after baking)

By Darshana Thacker Wendel

- 1 Combine all ingredients in a blender. Blend into a smooth batter.
- 2 Heat a 10-inch nonstick skillet. Pour the batter into the skillet and cook over medium heat for 20 minutes. Lift the crust using a wide spatula and flip over. Cook for 10 minutes more. Transfer to a cooling rack to cool completely, about 10 minutes.
- 3 Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 4 Top the crust with your preferred toppings. Bake for 15 to 20 minutes.
- 5 Remove pizza from oven. If you like, garnish with fresh basil and crushed red pepper. Serve immediately.