



Lindsay Freedman
The Toasted Pine Nut

Lindsay is the home cook, photographer, and voice behind The Toasted Pine Nut, where she loves showing her readers that healthy living is often more delicious than they think. Specializing in gluten free and lower carb recipes, The Toasted Pine Nut was created for anyone who wants to find fun and flavor in home cooking.

Lindsay published her debut cookbook Cauliflower Power featuring 75 gluten free recipes using the world's most versatile vegetable - cauliflower! Determined to convert even veggies loathers, Lindsay explores cauliflower's capabilities with recipes ranging from falafel to queso to brownies! Lindsay's cookbook has been featured on both local and national television and digital outlets, and was picked by Amazon as one of their best books of the month in January 2020.

Lindsay lives in Orange County with her husband and two boys. When she's not cooking up her latest recipe, you can find her at the beach watching her kids boogie board, out hiking on a trail, or soaking in that warm Cali sun (but obviously with sunscreen on).