

Manufactured by
BEST COOKING PULSES, INC.

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BEST Pea Fiber

in your kitchen

The neutral colour, flavour and odour of BEST PEA FIBER allows you to enrich your diet – and that of your family – with minimal effort.

- In bread recipes, substitute 8-12% of the flour with BEST Pea Fiber to improve strength, texture and consistency of dough.
- For cookie and muffin recipes, substitute up to 25% of the flour. You will need to add more liquid to achieve the best results.
- Sprinkle on or add to porridge and cream of wheat.
- Add to mashed potatoes or other mashed or purée vegetables.
- Add to batter recipes for fish, pork chops, chicken and other breaded foods.
- Use instead of breadcrumbs in fishcakes, burgers or meat loaf.
- Thicken spaghetti sauce, other sauces, gravies and soups with BEST Pea Fiber.

Nutrition Facts	
Valeur nutritive	
Serving Size (28 g) / Portion (28 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 15	
Fat / Lipides 0.2 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 4 mg	0 %
Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 25 g	100 %
Sugars / Sucres 0 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	15 %
Iron / Fer	30 %

Note: the household equivalent of a 28 g serving is ¼ cup or 4 tbsp

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We will ship one 50 lb bag of BEST Pea Fiber anywhere in Canada for \$100.

www.bestcookingpulses.com



BEST PEA FIBER

Recipes

RICH IN DIETARY FIBER
 VERY HIGH IN IRON AND A SOURCE OF CALCIUM



Chocolate Chip Cookies
with **BEST Pea Fiber**

- 1¼ cups flour
- ½ tsp baking soda
- ⅛ tsp salt
- ⅓ cup **BEST Pea Fiber**
- Mix dry ingredients together in a bowl

- ½ cup butter
- ⅓ cup white sugar
- ½ cup brown sugar
- 1 medium egg
- 1 tsp vanilla extract
- ½ cup chocolate chips
- In a large bowl, cream the butter; add sugars and cream until fluffy; beat in the egg and vanilla
- Add the dry ingredients to the wet mixture; beat until well mixed; add chocolate chips half way through
- Shape dough into 15-gram balls (44 cookies); place on greased baking sheets; flatten balls with a fork
- Bake at 350°F for 10-12 minutes until golden brown around the edges

Nutrition Facts (per two cookies):

Calories	120 kcal
Total Fat	6 g
Saturated Fat	3.5 g
Protein	1 g
Carbohydrates	18 g
Cholesterol	20 mg
Sodium	80 mg
Potassium	60 mg
Folic Acid	11 ug
Total Fiber	2.3 g



Soda Bread with Flax Seed
and **BEST Pea Fiber**

- 1¾ cups all-purpose flour
- ¾ cup whole wheat flour
- ½ cup **BEST Pea Fiber**
- 2 tbsp flax seeds
- 1 ½ tsp baking soda
- 1 tsp salt
- Whisk dry ingredients together in a large bowl

- 1 ¾ cups of buttermilk
- ¼ cup of canola oil
- In small bowl, whisk together these wet ingredients
- Add to dry mixture; stir with a fork until dough forms
- Flour hands, press dough into ball and turn onto a floured surface; knead lightly (10 times)
- Pat into 6-inch circle (or 2 smaller circles) and place on greased baking sheet
- Sprinkle 1 tbsp of flour over the top of the circle then with a sharp knife score a large 'X' on top of the loaf
- Bake at 375°F for 35-40 minutes (approx 20-25 minutes for 2 smaller loaves) or until golden brown

Nutrition Facts (per 1/8 of recipe):

Calories	250 kcal
Total Fat	9 g
Saturated Fat	1 g
Protein	6.3 g
Carbohydrates	43 g
Cholesterol	2 mg
Sodium	485 mg
Total Fiber	8.7 g



Lemon Blueberry Muffins
with **BEST Pea Fiber**

- 1 cup all-purpose flour
- 1 cup **BEST Pea Fiber**
- ¾ cup sugar
- 2½ tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- ½ tsp xanthan gum
- (Xanthan gum is optional but recommended. It improves the texture and shelf-life. Available at health food stores.)
- Mix these dry ingredients together in a large bowl

- 1 large lemon, rind and juice
- 1¼ cup milk
- ½ cup canola oil
- 1 egg, slightly beaten
- 1 cup fresh blueberries
- In a separate bowl, combine lemon juice and rind, milk, oil and egg
- Add to dry ingredients and stir just until moistened Gently stir in blueberries
- Spoon into greased or paper-lined muffin cups
- Bake at 400°F for 15-20 min; makes 12 muffins

Nutrition Facts (per muffin):

Calories	170 kcal
Total Fat	8 g
Saturated Fat	1 g
Protein	3 g
Carbohydrates	28 g
Cholesterol	15 mg
Sodium	140 mg
Total Fiber	8 g