

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 Teneur	% Daily Value % valeur quotidienne
Calories / Calories 15	
Fat / Lipides 0.2 g	0 %
Saturated / saturés 0 g + 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 tbsps

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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
for Kids*

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



No-Bake Granola Bars
with **BEST Pea Fiber**

- 1 cup rice crispy cereal
- 1 ¼ cups oatmeal, quick cooking
- ¼ cup raisins (optional)
- ¼ cup chocolate chips
- 3 tbsp **BEST Pea Fiber**
- ⅓ cup brown sugar
- ⅓ cup light corn syrup
- ¼ cup peanut butter
- ½ tsp vanilla

- Shake cereal, oatmeal, raisins, chocolate chips and 1½ tbsp of fiber in a plastic bag
- Combine brown sugar and syrup
- Stirring constantly, bring to a boil then remove from heat
- Stir in peanut butter, vanilla and 1½ tbsp of fiber
- Add cereal mixture and mix well
- Press into ungreased 8" x 8" pan
- Cool and cut into 16 bars

Nutrition Facts (per bar):

Calories	110 Kcal
Total Fat	33 g
Saturated Fat	11 g
Protein	23 g
Carbohydrates	19 g
Cholesterol	0 mg
Sodium	70 mg
Potassium	90 mg
Folic Acid	32 ug
Total Fiber	2.0 g



Rice Crispy Squares
with **BEST Pea Fiber**

- 2 ¾ cups rice crispy cereal
- 2 ½ cups marshmallows
- 2 ½ tbsp butter
- ½ tsp vanilla
- 2 ½ tbsp **BEST Pea Fiber**

- Heat butter and marshmallows until they melt
- Remove from heat
- Add vanilla and fiber and mix well
- Add rice crispy into the sauce and mix
- Press into a greased 8" x 8" pan
- Cool and cut into 9 bars

Nutrition Facts (per bar):

Calories	120 Kcal
Total Fat	3.5 g
Saturated Fat	1.5 g
Protein	1 g
Carbohydrates	23 g
Cholesterol	8 mg
Sodium	35 mg
Potassium	35 mg
Folic Acid	2 ug
Total Fiber	2.5 g



Puffed Wheat Cake
with **BEST Pea Fiber**

- ⅓ cup butter
- ½ cup white corn syrup
- 1¼ cups brown sugar
- ½ cup **BEST Pea Fiber**
- 1¼ tsp vanilla
- 7½ cups puffed wheat cereal
- 3 tbsp cocoa

- Shake puffed wheat and fiber (¼ cup) in a plastic bag
- Mix cocoa and fiber (¼ cup) well
- Melt butter and add syrup, sugar and cocoa/fiber mixture
- Boil to hard ball stage and one extra minute
- Remove from heat. Add puffed wheat and mix well
- Press into a greased 13" x 9" pan
- Cool and cut into 20 bars

Nutrition Facts (per bar):

Calories	100 Kcal
Total Fat	3 g
Saturated Fat	1.5 g
Protein	1 g
Carbohydrates	21 g
Cholesterol	8 mg
Sodium	35 mg
Potassium	60 mg
Folic Acid	12 ug
Total Fiber	2.2 g