

Manufactured by
BEST COOKING PULSES, INC.

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BEST Whole YellowPea Flour

benefits and use

BEST Whole Yellow Pea Flour is milled from non-GMO dried field peas. This flour is vegan reviewed, kosher certified, halal approved, and available as certified- organic (COS, USDA(NOP), EU 2092/91) or conventional.

Pea and chickpea flours are high in protein, complex carbohydrates (including fibre), and are a good source of vitamins B1, B2 and B3, folate/folic acid, iron, zinc, calcium, potassium and magnesium. They are rich in the amino acid lysine and are low in fat.

Pulse flours are a complex carbohydrate, with a superior nutritional profile compared to other gluten free flours. They are nut and lactose free.

Pulse flours can be used in bread, bagels, tortillas, crackers, cakes, muffins, brownies, cookies and breading/coating. In cookie, muffin and brownie recipes, replace 50% to 100% of the flour. In breading/coating for fish, chicken and pork chops, substitute for the wheat flour, crumb or corn meal.

Nutrition Facts	
Valeur nutritive	
Serving Size per 4 tbsp (28 g) Portion pour 4 c. à soupe (28 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0.1 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 2 mg	0 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 5 g	20 %
Sugars / Sucres 0 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	25 %

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

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BEST WHOLE YELLOW PEA FLOUR

Recipes

www.bestcookingpulses.com

CONVENTIONAL OR CERTIFIED ORGANIC



Hot Cheese Muffins
with **BEST Whole Yellow Pea Flour**

1/2 cup BEST Whole Yellow Pea Flour
1/2 cup whole wheat flour
1 ½ tsp baking powder
1 tsp baking soda
1/2 tsp salt
1/2 tsp xanthan gum*
1/8 tsp dry mustard
1/8 tsp cayenne pepper
3/4 cup milk
1/4 cup canola oil
1 egg, slightly beaten
1/2 cup diced onion
3/4 cup grated sharp cheddar cheese

In a large bowl, combine flours, baking powder and soda, salt, xanthan gum and spices.

In a separate bowl, combine milk, oil and egg. Add to dry ingredients and stir just until moistened. Stir in onions and cheese. Spoon into greased or paper-lined muffin cups.

Bake at 400°F for 15-20 minutes. Makes 8-10 medium size muffins.

*Xanthan gum is optional but highly recommended as it improves the texture and the shelf-life of the muffins. It is available at health & specialty food stores.



Henry's Flatbread
with **BEST Whole Yellow Pea Flour**

Henry Lepp is an organic farmer from Rivers, Manitoba who not only grows peas, but eats the flour that is made from them. This is his favourite recipe.

This flat bread can be made thin and crispy, as well as the usual wrap consistency – it all depends how you choose to cook them. For an extra treat, Henry cooks the flatbread in organic coconut oil.

2 cups BEST Whole Yellow Pea Flour
1/4 cup ground flax
1 tsp sea salt
2 ½ cups water

Whisk the dry ingredients together in a large bowl.

Heat a cast iron pan on low to medium heat. Pour the batter on the cast iron pan. Use less for a more crispy consistency.

Don't be put off by the taste of the batter. The flavour becomes milder and slightly nutty after heating.

Henry creates a variety of fillings: curried vegetables, spicy humus, or thai chicken.



Marinangeli Banana Muffins
with **BEST Whole Yellow Pea Flour**

Chris Marinangeli developed several muffin recipes to deliver the daily ½ cup of BEST Whole Yellow Pea Flour for clinical trials at the Richardson Centre for Functional Foods and Nutraceuticals. The effects of pea flour in the diet identified in the study include: a reduction in abdominal-type fat, improved gut health (Lactobacillus and Bifidobacteria), significantly reduced insulin resistance and fasting insulin levels.

Combine these dry ingredients in a large bowl:
2 cups BEST Whole Yellow Pea Flour
2 tsp xanthan gum
3 tsp baking powder
1 tsp cinnamon
1/2 tsp nutmeg
1 tsp salt
1/3 cup plus 1 tbsp sugar

In a separate bowl combine, and then add to the dry:
2 eggs lightly beaten
1/4 cup oil
1 cup mashed banana
1/2 cup water

Spoon batter into muffin cups. Bake at 400°F for 15-20 minutes. Makes 9-10 muffins.