



## PEA SNAPS ' Give peas a chance...'

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*Give peas a chance* has been our slogan over the last few months as we have taken **BEST certified-organic Pulse Flours and Fibre** on the road to venues such as the Winnipeg Folk Festival, St Norbert Farmers Market, the Toronto Vegetarian Food Fair, Wasaga Family Camp, Manitoba Home Ecology Teachers' Association meetings, 'Growing Up Organic' presentations to day care and after school club staff, and Grade 9 cooking classes in Selkirk.

We found out that people appreciate the health and nutritional benefits of pulses. They know that they truly are a super food. The challenge always seems to be how can they incorporate dried pulses (peas, beans, chickpeas and lentils) into their diets? Hence the birth of **Pea Snaps**, a newsletter dedicated to information on pulses: recipes, health and nutrition, the environmental benefits and whatever else about pulses that might be of interest or use to you, the readers. If I was twenty years younger, this might well have been a blog – for now it is a newsletter. It will serve as a forum for as long as you find it helpful. Please email with any recipes, tips, questions or comments.

In **BEST gluten-free Brownies** we have substituted the all purpose flour with **BEST Whole Yellow Pea Flour**. The brownies can be made gluten-free, have a significantly improved nutritional profile and longer shelf life. **BEST Whole Yellow Pea Flour** is made from whole peas which includes the hull or seed coat of the pea. This provides for a significant increase in fibre, and a prebiotic effect in the gut. Please note, the uncooked batter has an odd taste 'forewarned is forearmed' – once baked, the brownies are the **BEST**, as many of you know from personal experience!

### **BEST Chocolate Brownies**

- 2 oz. unsweetened chocolate or 2/3 c. cocoa
- 1/2 c. butter or margarine
- 1 c. sugar
- 1/2 c. BEST Whole Yellow Pea Flour
- 2 eggs
- 1 t. vanilla
- pinch of salt



Melt the chocolate and butter/margarine on low heat. Remove from heat and add the sugar and flour. Beat each egg before adding to the mixture. Add the vanilla and a pinch of salt. Pour into a greased 8" by 8" pan. Cook for 25 minutes at 375°F (190°C). This recipe can be doubled, tripled and quadrupled with no ill effects.

Happy baking!

Margaret

**BCP PORTAGE:** 124 – 10th St NE, Portage la Prairie  
Manitoba, Canada R1N 1B5  
TEL (204) 857-4451 FAX (204) 239-6885

**BCP ROWATT:** RR#3, Site 10, Module 3, Comp 13  
Rowatt, Saskatchewan, Canada S4P 2Z3  
TEL (306) 586-7111 FAX (306) 586-4848

[www.bestcookingpulses.com](http://www.bestcookingpulses.com)