



PEA SNAPS 'Health by Stealth?'

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According to the US government (USDA), only 2% of young people meet all the recommendations of the 'MyPyramid' (the US equivalent of [Canada's Food Guide](#)), while 16% meet none. In general, fibre, protein, calcium, iron and folate are lacking from children's diets. One effective approach to this problem is known as 'Stealth Health'. In short, take a favourite kids' food and make it healthier, by adding or substituting ingredients - something that parents have been doing for years....



Below are two chocolate chip cookie recipes. The first is a variation on Martha Stewart's. We have substituted BEST Whole Yellow Pea Flour for the wheat flour. (BEST Green Split Pea Flour also works well, especially for St. Patrick's Day!)

The second recipe was developed by Carla Flogan at the University of Saskatchewan as part of her research "Fibre fortification to increase stool frequency in children with a history of constipation". In this recipe, BEST Pea Fibre has been added to the cookies to boost the fibre and folate content.

Glorious Chocolate Chip Cookies (variation on a Martha Stewart recipe)

- 1 1/4 c BEST Whole Yellow/Green Split Pea Flour
- 1/2 t salt
- 1/4 t baking soda
- 7 T butter
- 1/4 c granulated sugar
- 1/4 c packed light-brown sugar
- 1 large egg
- 1 t vanilla extract
- 3 T sour cream
- 3/4 c semisweet chocolate chips
- 3/4 c milk-chocolate chips



Mix together flour, salt, and baking soda. In a separate bowl, cream butter and sugars, add egg and vanilla. Add the dry mix bit by bit with the sour cream to the wet mixture. Stir in chocolate chips. Cover, and refrigerate until firm. Drop table spoons of the dough onto lightly greased baking sheets. Flatten with a fork. Bake at 350°F for 12 to 14 minutes.

Chocolate Chip Cookies with BEST Pea Fibre

- 1/2 c butter
- 1/3 c white sugar
- 1/2 c brown sugar
- 1 med egg
- 1 t vanilla extract
- 1 1/4c flour
- 1/2 t baking soda
- 1/3 t salt
- 1/3 c BEST Pea Fibre
- 1/2 c chocolate chips

Mix together the flour, baking soda, salt and BEST Pea Fibre. In a separate bowl, cream the butter and add the white and brown sugars. Cream until fluffy. Beat in the egg, and then the vanilla. Add the dry ingredients to the wet mixture and beat until well mixed, adding the chocolate chips half way through. Shape the dough into 15g balls (for 44 cookies) and place on greased/coated baking sheets. Squish the balls down with a fork. If the dough is too soft to work, cover and refrigerate until firm. Place the cookie sheets on a rack above the centre of the oven, and bake at 350°F (177°C) for 10-12 minutes until golden brown around the edges. Cool on a wire rack. Two cookies contain 2.5g of dietary fibre, 1g protein and 11ug folate.

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