



PEA SNAPS... Power in your pocket, & gluten-free/dairy-free Chocolate Mud Pie...

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Here's a thought as we close off 2011 and move forward in the 21st century... Every time you pull out your wallet to pay for food, you are voting on your health, and on how the world will obtain its food in the decades ahead.

In the recent news, we were reminded that there is a significant difference in pesticide levels between conventional and [organic](#) food. Pesticides have been linked to multiple health effects. [BEST Chickpea Flour](#), [Whole Yellow Pea Flour](#), [Green Split Pea Flour](#) and [Pea Fiber](#) are made from organic peas and chickpeas, sourced as locally as is possible. We test pesticide levels regularly, and so far all of BEST products have passed easily.

Speaking of local... Manitoba Minister of Agriculture Stan Struthers unveiled the new 'Buy Manitoba' brand identity at the recent [Manitoba Food Processors' Association](#) Christmas Reception. This program will help to clearly identify local food products in retail stores. This is fantastic

news for consumers, food companies and *local job seekers*. Hats off to the Manitoba Food Processors' Association and the Manitoba government! The 'Buy Manitoba' program is set to launch early in the New Year.

It's a little know fact that larger chain supermarkets make most of their income from renting shelf space out to suppliers, and not from the products that they sell. Most suppliers need to be approved nationally to get on the shelf. This has made it a real challenge for small and even medium-sized companies to get into, and stay in, the larger supermarkets. Government support of well executed 'buy local' programs will help to change this. However, as always it is the decisions of the consumer that will *really* change the way food is sold and supplied in Canada.

Last holiday season we featured [Brazil Yule Cake](#) and [Almond Shortbread](#). This year we are bringing you a tasty creation from Melanie, who has a little fellow with both gluten and dairy allergies. She also has a website called [Green Please](#). Her recipe for Chocolate Mud Pie, made with [BEST Green Split Pea Flour](#), has been adapted from 'The Magic Kitchen Cookbook' and is a great treat for the kids over the holiday period! The recipe also works well with [BEST Whole Yellow Pea Flour](#).

Chocolate Mud Pie (gluten-free and dairy-free)

- ¼ cup [BEST Green Split Pea Flour](#)
- ¼ cup sugar
- 1 tbsp cocoa powder
- 1 tsp baking powder
- ⅛ tsp salt
- ¼ cup vanilla rice milk
- 1 tbsp [Udo's Oil](#) - a blend of Omega oils 3, 6 and 9 found in natural/health food stores
- ½ tsp vanilla
- ¼ cup chopped walnuts (optional)
- 3 tbsp packed brown sugar
- 2 tbsp cocoa powder
- ⅔ cup water



Fresh raspberries (optional topping)
Dark chocolate coconut ice cream (optional topping)

Heat oven to 350°F. Lightly coat 9-inch pie plate with extra Udo's Oil.

1. Add flour, sugar, 1 tbsp cocoa powder, baking powder and salt to a medium bowl and mix. Stir in milk, oil, and vanilla. (Add walnuts if you choose. I do not add nuts because then it cannot be taken for school lunch.)
2. Pour batter into pie plate. Put brown sugar and cocoa powder in a small bowl. Stir. Heat water to boiling, and then carefully stir water into brown sugar mixture. Slowly pour brown sugar mixture over batter in pie plate.
3. Bake for 20 minutes. Cool on wire rack for 20 minutes. Serve warm with raspberries and coconut ice cream if you wish. Enjoy!

In the last year, we have seen significant interest from Canadian and US food companies in using pulses (peas, beans, chickpeas and lentils) in food products - in part thanks to all of you. It is your voice and the spending choices that you make that will shape the food world in years to come.

Wishing you a joyful holiday season with family and friends, and all the best in the coming year!
Margaret

TIP: Not Celiac or gluten- intolerant? Increase the protein, fibre, iron and calcium content of your baking by substituting 10% of your wheat flour with [BEST Whole Yellow Pea Flour](#)



BEST Whole Yellow pea Flour, BEST Green Split Pea Flour, BEST Chickpea Flour, BEST Pea Fiber, and Naked Yumpeez roasted veggie snack, all good for allergen-free baking, are found in the United States on [Amazon](#) and in Canada on line at [well.ca](#) or in your local store, *ask for it where you want it to be!*

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