



PEA SNAPS... Mythbusters... Pulse flours are just for people with celiac disease or gluten intolerance...

April 15, 2011

Not true... BEST Pulse Flours and Pea Fiber are not just for people who have [celiac disease](#), gluten intolerance or a wheat allergy - everyone can benefit from these [nutrient dense flours](#). Add them to traditional recipes for a nutritional boost. The [recipe section](#) of the Best Cooking Pulses website has many tips as to how this may be done. The [Pulse Canada recipe booklet](#) is also a helpful guide.

Thank you to the '[Pea Snaps](#)' readers that have shared recipes - it is time to begin to pass them on!

Tammy is a busy at home Mom who loves to bake and cook for her two preschool boys and husband Matt, who happens to be the [Best Cooking Pulses](#) Operations Manager for Rowatt, Saskatchewan. Concerned with getting good food into her three men, she chooses [BEST Whole Yellow Pea Flour](#) to enrich and enhance traditional recipes. No one in the family has any issues with wheat or gluten - Tammy just appreciates the added nutrition and [potential health benefits](#) that [BEST Whole Yellow Pea Flour](#) offers. This recipe for Cinnamon Chocolate Chip Cookies has no margarine, butter or oil, but relies on apple sauce for moistness. Thanks for the recipe Tammy!

Cinnamon Chocolate Chip Cookies

2 1/2 cups BEST Whole Yellow Pea Flour
1/2 tsp baking soda
1 1/2 tsp cinnamon
3/4 cup granulated sugar (or Splenda)
1/4 cup light brown sugar (or Splenda)
1 cup apple sauce
1 tsp coarse salt
2 tsp vanilla
2 large eggs
2 cups semi-sweet chocolate chips

1. Whisk together flour, baking soda and cinnamon in a bowl.
2. In another bowl, combine the apple sauce, sugars, salt, vanilla and eggs. Beat until combined.
3. Add the flour mixture and beat on low until combined. Fold in the chocolate chips.
4. Using a cookie scoop (1 tbsp), drop on to a parchment lined cookie sheet about 2" apart.
5. Bake at 350degrees F until the edges are golden - about 10-12 minutes. Cookies may be stored in an airtight container at room temperature for up to 1 week.



We are pleased to announce that in March and April, BEST Pulse Flours and Pea Fibre are being launched nationally in Canada by [Puresource](#), a natural product distributor. It is exciting to know that where ever you live in Canada, you will be able to access BEST Whole Yellow Pea Flour, BEST Chickpea Flour, BEST Green Split Pea Flour and BEST Pea Fiber. Customers on the prairies may also source BEST products from [World Wise Distributors](#) in Winnipeg. Can't find BEST pea products in your local shop? Do let them know that [Puresource](#) and [World Wise](#) are happy to supply. If you are out shopping, and see BEST Pulse flours on the shelf, pull out your phone camera, take a picture and email it to us. We will add it to the store picture gallery on our new [Facebook page](#).

For our American friends south of the border, we now have a direct link to the [Amazon BEST products page](#) on the [Best Cooking Pulses home page](#). This is an easy way for you to access our BEST flours and fiber.

One last note... we look forward to exhibiting at the [Canadian Celiac National Conference](#) in Ottawa, May 13-14. If you are attending, please be sure to drop by our booth and say hello - I just might have some of those delicious [gluten-free brownies](#) to taste!

Thank you our readers who have passed on ['Pea Snaps'](#). If you are a regular reader, or some one new, please feel welcome to share your recipes and ideas.

Wishing you the goodness of pulses,
Margaret

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