



PEA SNAPS 'Half a cup a day may keep diabetes away!'

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Researchers at the University of Manitoba's [Richardson Centre for Functional Foods and Nutraceuticals \(RCFFN\)](#) recently conducted a clinical trial that found that the dietary fibre-rich content of whole yellow pea flour helped to regulate insulin in overweight adults with elevated cholesterol levels. They showed that 1/2 cup (53 grams) of whole yellow pea flour per day resulted in significant reductions in fasting insulin levels (16-20%) and decreased insulin resistance (18-20%). This trial, along with six others, was sponsored by [Pulse Canada](#) and the [Saskatchewan Pulse Growers](#). Results of all the clinical trials may be found on the Pulse Canada website.

Chris Marinangeli (RCFFN) developed several muffin recipes to deliver the daily ½ cup of BEST Whole Yellow Pea Flour to the trial participants. With Chris's permission, we are able to share with you the Banana Muffin Recipe used in the trial.

Marinangeli Banana Muffin:

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
- 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.

BEST Whole Yellow Pea Flour is made from the whole dried pea which includes the seed coat or hull of the pea. This type of flour is nutritionally superior to pea flour which is made from split peas. It is the seed coat or hull that is responsible for many of the health benefits.

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