



PEA SNAPS 'Pea-licious ways to flatten that tum...'

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Eat BEST Whole Yellow Pea Flour and shrink your belly fat! Sounds like a headline from a less than reputable diet magazine? Surprise – it's totally legitimate.

In a July article from the [British Journal of Nutrition](#), authors Chris Marinangeli and Peter Jones ([Richardson Centre for Functional Foods and Nutraceuticals](#)) concluded: “*Under a controlled diet paradigm, a daily consumption of whole and fractionated yellow pea flours at doses equivalent to half a cup of yellow peas per day reduced insulin resistance, while **whole** pea flour **reduced android adiposity in women.***” A dream come true for many of us – and another excellent reason to incorporate BEST Whole Yellow Pea Flour into your diet.

Now, another new recipe. [Marni Wasserman](#) is a holistic nutritionist and natural personal chef that we met at the Toronto Vegetarian Food Fair. A graduate from the *Institute of Holistic Nutrition* and the *Natural Gourmet Culinary School* in New York City, her primary focus is to teach people how everyday eating can be simple and delicious. Check out her website where you can learn more about the interactive cooking classes she is offering this fall – including gluten-free!

Marni took home a retail pack of certified-organic **BEST Whole Yellow Pea Flour** to try. The result was the BEST Chocolate Chip Banana muffins that I have ever tasted. They're gluten free, vegan, and Pea-licious!

Pea-Licious Banana Muffins

2 ripened bananas, mashed
6 tbsp grapeseed or melted coconut oil
1/4 cup maple syrup
1/4 tsp salt
1 tbsp ground chia + 1/4 cup applesauce (replaces 1 egg)
1 tsp vanilla
1 cup **BEST Whole Yellow Pea Flour**
1/2 cup brown rice flour
1 tsp baking soda
1 tsp baking powder
1/2 cup dark (non-dairy) chocolate chips



1. Add oil, maple syrup, and salt to mashed banana and beat until well mixed. Add chia and applesauce mixture, vanilla and mix well. Add remaining dry ingredients. Mix until just blended.
2. Pour into greased muffin tins. Bake for 20 minutes at 350°F.

Thank you to all of you who gave their thumbs up to the Easy Pea Soup recipe (Pea Snaps 8). Keep your comments and recipes coming. In the meantime, here's to a healthy diet - *and a flatter belly!*

Happy baking,
Margaret

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