

# CANADIAN PULSE FLOURS: THE TOTAL PACKAGE

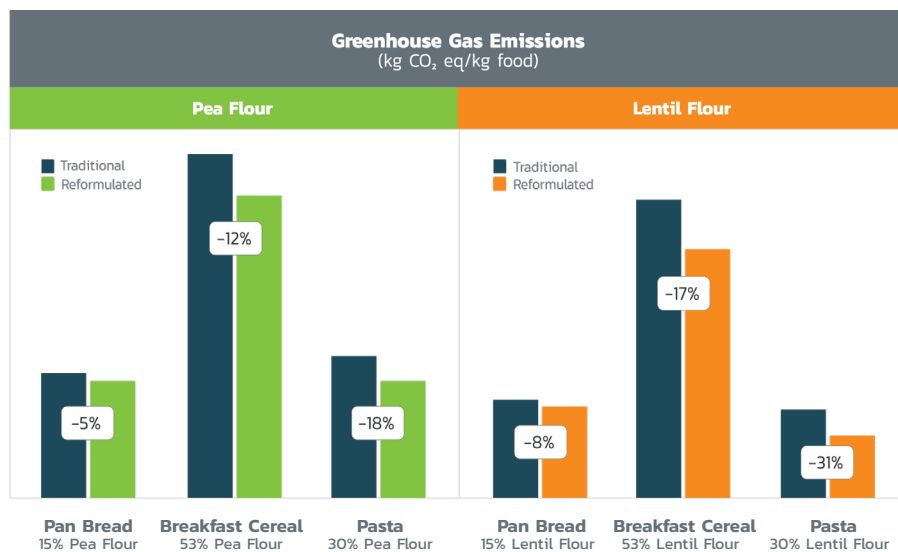
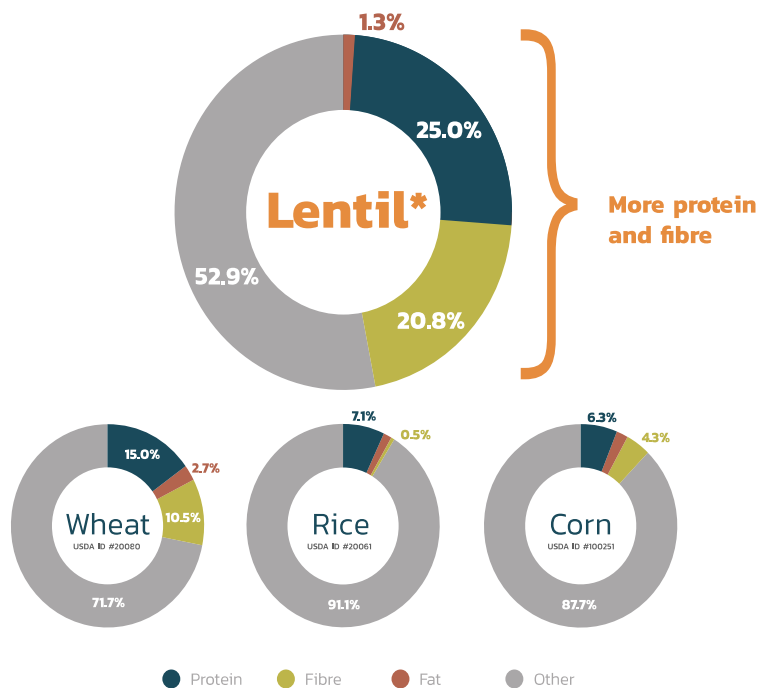
Clean-label, sustainable and nutrient-dense: Consumers are driving demand for ingredients from pulses like **lentils, peas and beans**.

## Packed With Protein

Pulse flours are an excellent source of sustainable plant protein and fibre. Pulses typically contain twice the amount of protein as cereals like wheat, barley and oat. They are also an important source of vitamins and minerals.

## Power Your Nutrient Claims

Adding the right ratio of pulse flour to your product can increase the protein quality of a product enough to qualify for a protein claim. For example, reformulating traditional wheat pasta to include just 25% lentil flour increases the protein content and PDCAAS value of the product, qualifying it as a good source of protein\*\*.



## Lower Your Carbon Footprint

Pulses have a naturally lower carbon footprint than most foods because they uniquely require little to no nitrogen fertilizer to grow. Pulses are grown in systems that sequester carbon into the soil, making them carbon-neutral or even carbon-negative crops. Incorporating Canadian pulse flours into food products can significantly reduce the carbon footprint of the final product.

Source: Tremorin, D. and Chaudhary, A. 2020. Environmental and nutritional impacts of reformulating with pulses. 12th International Conference on Life Cycle Assessment of Food 2020. Berlin, Germany. \*Numbers are based on whole red lentil flour. All values reported on a 10% moisture basis. Internal analysis conducted at Merieux Nutriscience, 2014. \*\*Label claim regulations vary by market.

# FEATURED APPLICATIONS

## EXTRUDED SNACKS & CEREALS

Extruded pulse flours can be used to create healthier snacks and cereals with improved nutritional profiles and a crispy, aerated texture. The expansive properties of pulse flours allow for partial or total substitution of cereal flours.

## PASTA & NOODLES

Including up to **100%** pulse flours in pasta and noodles can improve the nutritional density and produce high-protein products.



## BAKED GOODS

Pulse flours boost the nutritional density of baked goods. Generally blended with wheat flours at rates of **5-30%**, pulse flours boost the nutritional values of baked goods. These flours like pea, lentil and bean have been successfully incorporated into various products including breads, pitas, cupcakes, tortillas, cookies and more.

## BATTERS & BREADINGS

Pulse flours can be incorporated at rates up to **40%** into traditional wheat-based batters and breading systems for fried products. The inclusion of pulse flours results in superior, golden-brown colour development and a crispier and crunchier coating.

## MEAT & MEAT ALTERNATIVES

Pulse flours can be added as binders in meat or meat alternatives at rates of **2-10%**. The water and oil binding abilities of the flours will reduce cooking losses and increase cook yield, contributing to the texture, mouthfeel and overall sensory profile of the product.



## Ready to get pulse flour working for you?

Pulse Canada represents the growers and processors of Canadian pulses. We help companies craft pulse products and tell the stories behind them through a range of expertise from sustainability and nutrition to functionality.



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