



2026 PULSE INNOVATION GUIDE

Annual technical resource roundup for
food and ingredient development

CANADA'S PULSE STORY

As a major producer and the world's largest pulse exporter, Canada has invested heavily to develop a robust pulse industry.

We are leading the way to a deep understanding of quality, functionality and the emerging sustainability advantages of Canadian-grown peas, lentils, chickpeas and beans.



SUPPORT FOR FOOD INDUSTRY

Pulse Canada supports pulse ingredient innovation by delivering technical programming and applied resources for food and ingredient teams. Our work focuses on ingredient performance, application learning, sustainability evidence, and tools that support product development and technical decision-making.

2026 INNOVATION GUIDE

This resource guide consolidates Pulse Canada food industry-facing materials published over the past year. Resources are organized by format and topic area to support quick scanning and direct access.

ON-DEMAND WEBINARS

Technical webinar recordings featuring applied learning relevant to pulse ingredient innovation, including formulation considerations, ingredient development topics, and value chain context.

Pulse Ingredients in Bakery Applications

[Watch Now >](#)

Learn how ingredients like pea protein and lentil flour are being used to enhance nutrition, functionality, and sustainability in bakery products. Topics include market trends, positioning opportunities, formulation considerations and performance case studies.

Gluten-Free Snack Innovation with Lentil Flour

[Watch Now >](#)

[Download Report >](#)

See how lentil flour performs in gluten-free cracker applications — and what ingredient selection and formulation adjustments can help manufacturers achieve ideal texture, colour, and sensory results.

Faba Bean Micro-Summit 2025

[Watch Now >](#)

Learn about the nutritional composition, processing techniques, and sustainability of faba beans, with a comprehensive look at how they fit into the evolving food landscape.

Understanding Consumer Perceptions of Lentils

[Watch Now >](#)

See the key findings from a recent market study evaluating consumer usage and attitudes toward lentils, their potential applications in food innovation, and effective positioning strategies.

The Pulse Chain

[Watch Now >](#)

Watch a three-part webinar series developed by Pulse Canada in partnership with the Good Food Institute, examining the current state of pulse farming in North America, the sustainability practices shaping production, and the role of pulses in strengthening agricultural resilience and expanding protein market opportunities.



TECHNICAL DOWNLOADS

Technical downloads relevant to pulse innovation, including sustainability insights, formulation guidance, and real-world application examples.

Pulses 101: Pea Protein

[Download >](#)

Technical overview on pea protein's nutritional and functional characteristics, how it's produced, as well as key food applications and market insights that support its use in food products.

Life Cycle Assessment: Canadian Faba Beans

[Download >](#)

An assessment of the impact of Canadian faba beans on 13 different environmental endpoints, using data directly from Canadian growers.

Life Cycle Assessment: Canadian Dry Beans

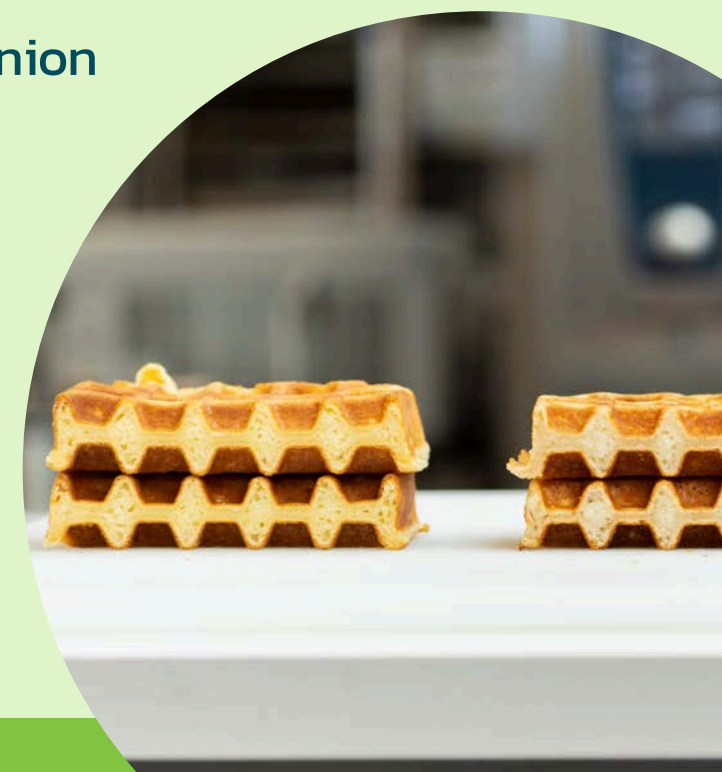
[Download >](#)

An assessment of the impact of Canadian pinto, navy and red kidney beans on 13 different environmental endpoints, using data directly from Canadian growers.

Pea Protein as an Egg Replacer in Bakery Products: Case Study Series

A case study series evaluating pea protein as an egg replacer in four bakery applications. Each report also includes a companion video featuring chef commentary and visual comparisons of product performance.

- **Cookies** [Download >](#) [Watch Video >](#)
- **Danish Pastries** [Download >](#) [Watch Video >](#)
- **Waffles** [Download >](#) [Watch Video >](#)
- **Sponge Cake** [Download >](#) [Watch Video >](#)



INTERACTIVE TOOLS AND KNOWLEDGE HUBS

Tools and centralized resources supporting ingredient development, quality understanding, and technical decision-making.

Pulse Discovery Series: Addressing Flavour Challenges [Access Now >](#)

On demand course synthesizing leading research and applied expertise on off-flavours in pulse ingredients and the full spectrum of mitigation strategies—from plant breeding and biotechnology, through processing technologies (thermal, fermentation, extraction, and fractionation), to sensory science and end-use product development.

Pulse Quality Dashboard [Access Now >](#)

An interactive dashboard to view quality attributes, composition and micronutrients of Canadian pulses by variety and growing environment.

Lentil Resource Library [Access Now >](#)

Centralized resource hub developed for food and ingredient teams to explore lentils in product development.

QUICK LINKS:

- **Lentil Positioning Guide** [Download >](#)
- **Lentil Nutrient and Health Claims Assessment** [Download >](#)
- **Lentil Nutrition Guide** [Download >](#)
- **Lentil Flour in Batter, Breading and Coating Systems** [Download >](#)



ABOUT CANADIAN PULSES

Pulses are the dry edible seeds of legumes, including peas, lentils, beans, and chickpeas. Pulses have a naturally lower carbon footprint than most foods because they require little to no nitrogen fertilizer to grow.

In addition to the general sustainability benefits of pulses, the Canadian climate and the production practices used by Canadian growers help to sequester carbon into the soil. Canadian farmers have adopted practices such as minimum tillage and reducing fallowing, practices that sequester large amounts of carbon into soils. In effect, these practices make Canadian peas and lentils effectively carbon neutral or negative.

Canada is recognized globally for its leadership in pulses, supported by decades of investment into quality and ingredient research. Early work in grading, ingredient processing, and food application performance has built a deep understanding of pulses across the Canadian pulse value chain.

PULSE CANADA

Pulse Canada is the national not-for-profit association representing growers, processors and exporters of Canadian pulses. Canada is one of the largest producers of pulses in the world. Pulse Canada's Market Innovation team leads and summarizes research to help the food industry unlock the full potential of Canadian pulses in their products.

MORE RESOURCES

For additional technical materials, visit the Pulse Canada Resource Centre at pulsecanada.com/resources >

