ORGANIC PREGELATINIZED CHICKPEA FLOUR 25.890



AGRANAs cold water soluble innovation

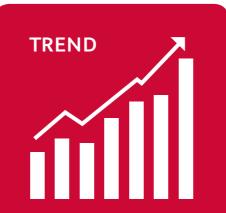
Why especially chickpea flour?

Chickpea flour or gram flour or besan is a pulse flour made of ground chickpeas also known as garbanzo beans. Originally, it is a staple ingredient in the cuisine of the Indian subcontinent and gets more and more popular all around the world. Chickpea flour contains no gluten and a higher proportion of protein and carbohydrates and higher fiber relative to other flours.

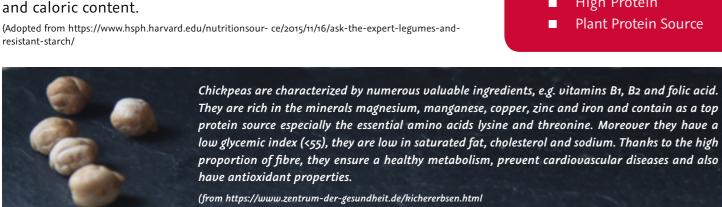
Pulses in general are one of the best sources of resistant starch, which functions much like dietary fiber. Raw, dried pulses contain about 20-30% resistant starch by weight. Fully cooked pulses contain only about 4-5% of their total weight as resistant starch, still 4-5 times more than other starchy foods such as white bread or potatoes: Enough to have a significant impact on glycemic index, reduced insulin response, satiety



Organic









Cooking treatments do not lead to variance in total protein and carbohydrate content. Soaking and cooking of dry seeds possibly induces modification of protein-fiber complexes, which leads to an increase in crude fiber content. Thus, cooking can increase protein quality by inactivating or destroying heatlabile antinutritional factors. Cooking also increases protein digestibility, essential amino acid index, and protein efficiency ratio.

(Adopted from https://en.wikipedia.org/wiki/Chickpea)

Advantages of Pregelatinization

- Replaces chickpea cooking treatment
- Neutral odour and taste (reduces strong pulse taste)
- No pre-soaking or cooking is necessary
- Enhances the viscosity
- Ideal flavour carrier
- Improvement of oil absorption
- High water binding capacity
- Cereal flour substitute







Traditional and surprising applications

- Noodles
- Soups and Dips
- Fillings
- Bakery and Bread
- Ice cream
- Flaky pastries
- Pralines and Cookies















INGREDIENTS

½ cup preg. Chickpea flour 25.890

½ cup water

½ cup peanut butter

1 cup whipped cream

½ tbs cinnamon

1 tbs icing sugar

½ tbs vanilla sugar

2 tbs coconut oil

3 tbs Baileys Caramel

5 tbs roasted coconut flakes (coating)

INSTRUCTIONS

Blend all ingredients together until smooth, thick and creamy. Spoon into ice pop moulds and add a stick. Freeze until solid. Defrost for a few minutes prior to eating for your unique melting moment!













