

Baking with Pea Puree

THE SECRET INGREDIENT IN YOUR
NEW FAVORITE BAKED GOODS



How to MAKE PUREE



Rinse

Rinse split peas in water - **no need to soak!**



Cook

Combine 1 cup split peas with 2 cups of water and bring to a boil, then cover and simmer for 30-45 minutes or until peas are tender



Drain

Drain and run peas under cool water



Blend

Combine cooked, drained peas and 2 tbsp. water in a blender or food processor and blend until smooth

How to ADD PUREE

Incorporate $\frac{1}{2}$ cup - 1 cup puree to any recipe for cookies, muffins and other baked goods to add a boost of protein and fiber



Blend In

In a large mixing bowl or blender, beat or blend in puree after other wet ingredients (butter or oil, sugar, eggs and/or vanilla) have been combined, before adding the wet ingredient mixture to the dry ingredients



Bake

Complete the recipe process and bake as directed

How to SWAP PUREE



Swap

Simply replace $\frac{1}{2}$ the butter or oil called for in any recipe with split pea puree to reduce the fat content and add fiber



Bake

Bake as directed

How to STORE PUREE



Covered and refrigerated, split pea puree will keep in the refrigerator for 3-4 days. It also freezes well!

PULSES



PULSE PRO-TIP: Peas may add a subtle nutty flavor to baked goods. Opt for yellow dry peas in your baking adventures, which are slightly sweeter than green varieties.

Learn more at: www.pulsepledge.com