

PULSES ARE DRIED EDIBLE SEEDS WITH A LOW FAT CONTENT WHICH BELONG TO CERTAIN TYPES OF LEGUME CROPS.

BUT NOT ALL LEGUMES ARE PULSES.

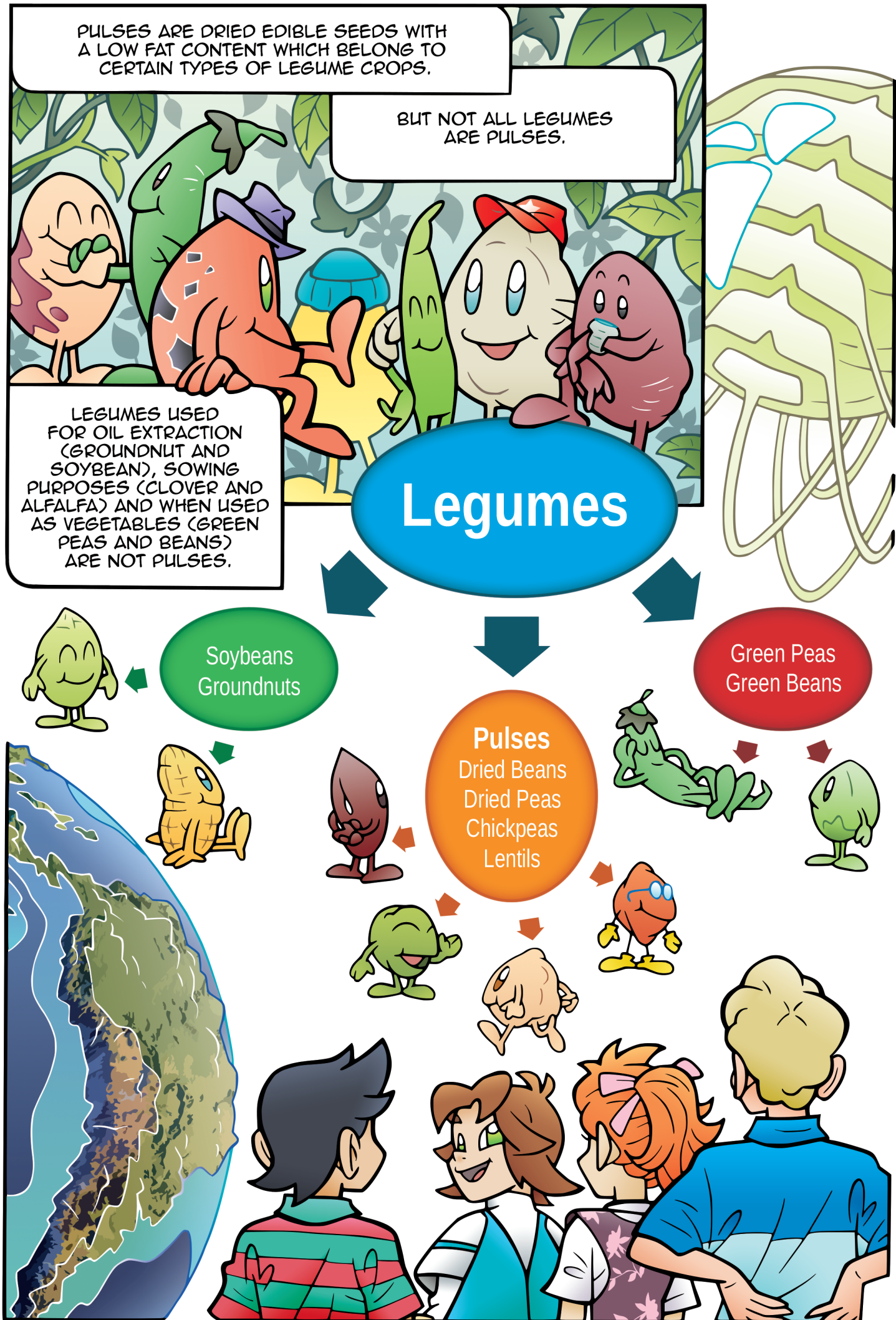
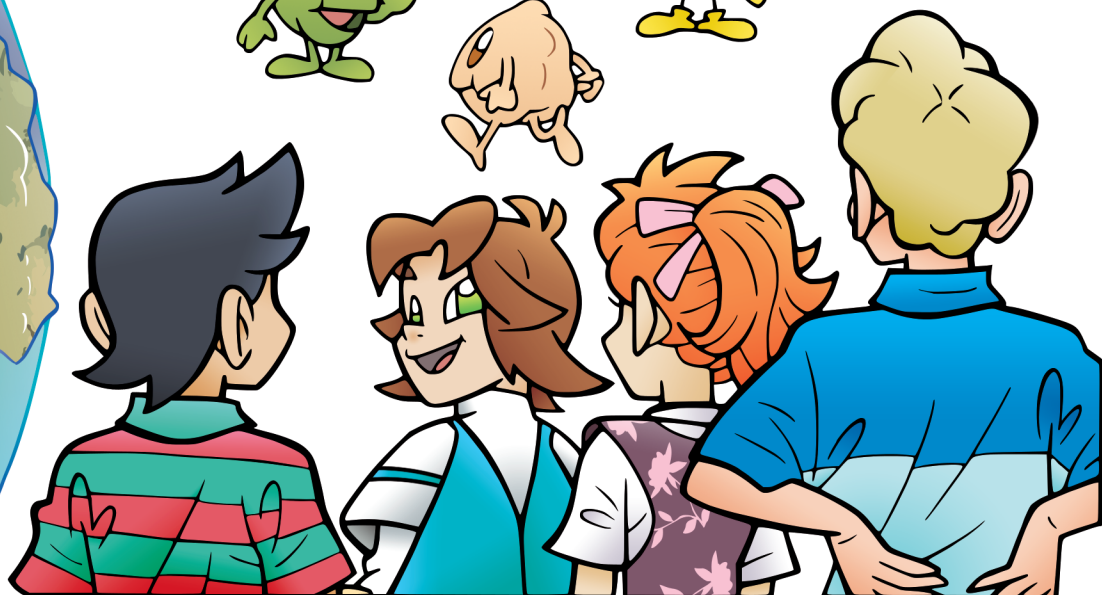
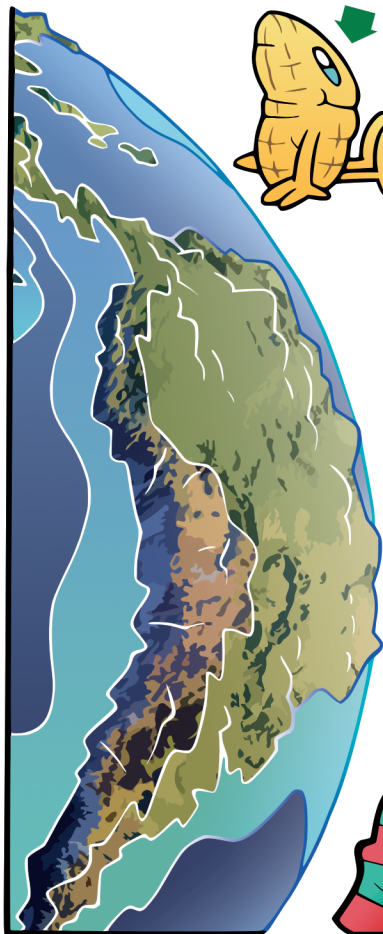
LEGUMES USED FOR OIL EXTRACTION (GROUNDNUT AND SOYBEAN), SOWING PURPOSES (CLOVER AND ALFALFA) AND WHEN USED AS VEGETABLES (GREEN PEAS AND BEANS) ARE NOT PULSES.

Legumes

Soybeans
Groundnuts

Green Peas
Green Beans

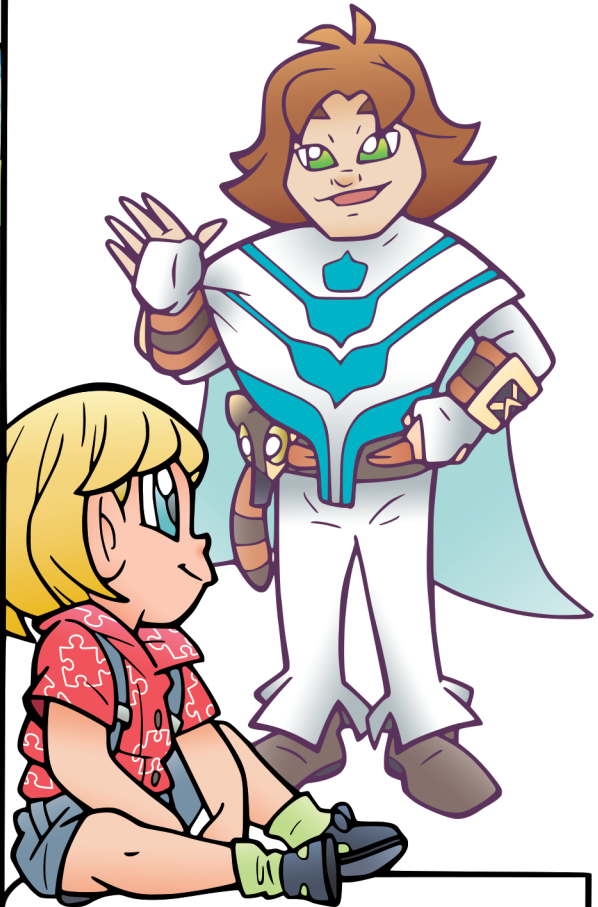
Pulses
Dried Beans
Dried Peas
Chickpeas
Lentils



PULSES ARE PACKED WITH PROTEINS - THEY CONTAIN DOUBLE THE AMOUNT FOUND IN WHEAT AND THREE TIMES THAT OF RICE.



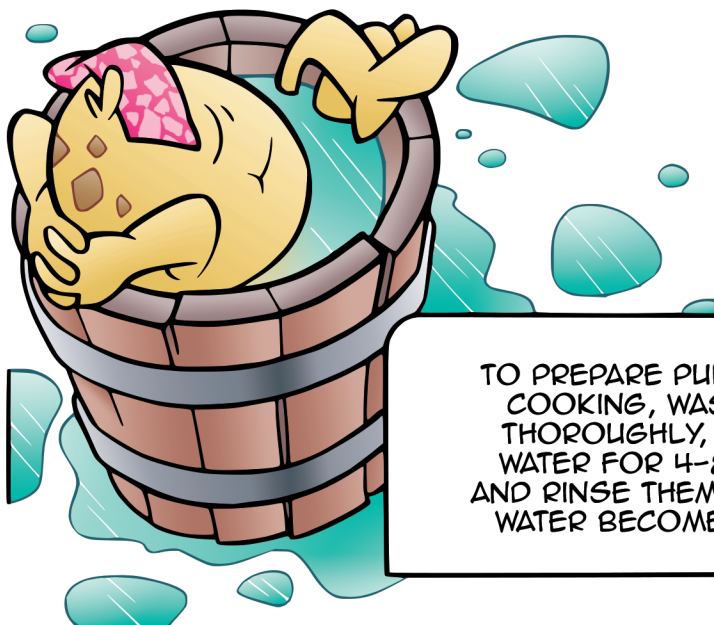
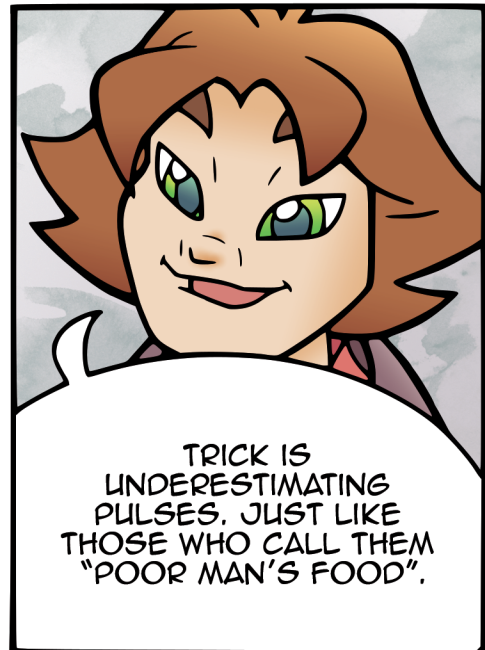
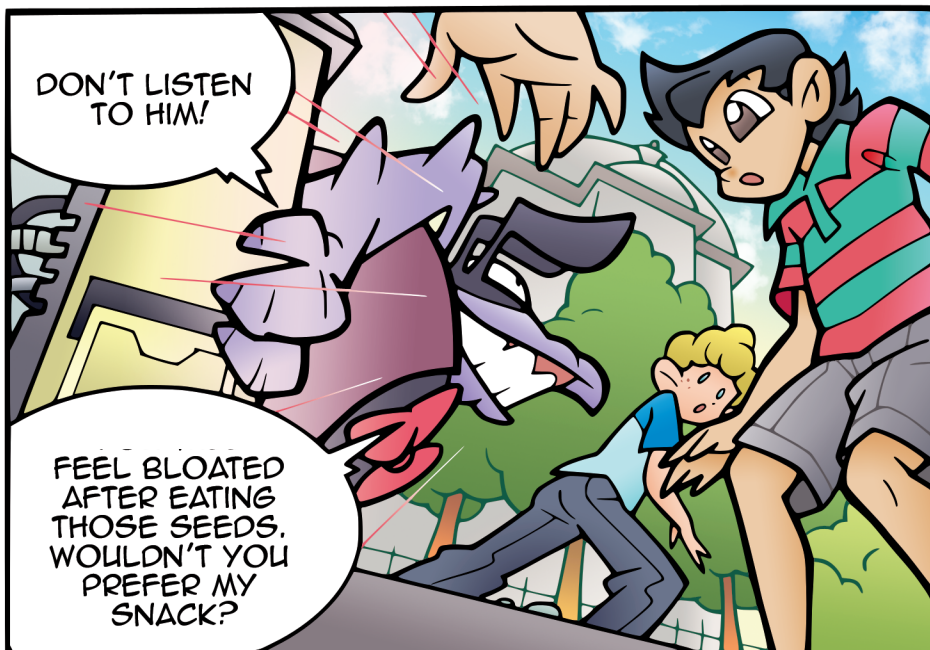
THEY ARE ALSO RICH IN FIBER AND MINERALS SUCH AS IRON, ZINC, PHOSPHORUS, FOLATE AND B VITAMINS.



THIS MAKES THEM A GOOD ALTERNATIVE TO MEAT. THEY ARE NOT ONLY PERFECT FOR VEGETARIANS AND VEGANS, BUT ALSO FOR CHILDREN AND INFANTS...



... AND FOR OLDER KIDS TOO!



TRADITIONAL COOKING TECHNIQUES, SUCH AS SOAKING, GERMINATING (SPROUTING), FERMENTING AND POUNDING, MAKE PULSES EASIER TO DIGEST AND HELP THE ABSORPTION OF NUTRIENTS IN THE BODY.

TO PREPARE PULSES FOR COOKING, WASH THEM THOROUGHLY, SOAK IN WATER FOR 4-8 HOURS AND RINSE THEM UNTIL THE WATER BECOMES CLEAR.



IN SOME ASIAN COUNTRIES, PEOPLE OFTEN EAT CHICKPEAS, MUNG BEANS AND BUTTER BEANS FOR BREAKFAST. THEY ARE ALSO A GREAT SNACK. BEAN BURGERS OR FALAFEL MADE FROM CHICKPEAS OR FAVA BEANS ARE A PERFECT OPTION FOR LUNCH. PULSES, ESPECIALLY BEANS, CAN ALSO BE ADDED TO SOUPS, SALADS, AND PASTA SAUCES.