

# How to Use Dry Peas

SOUP IS JUST THE START!



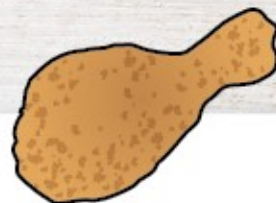
## WHOLE

- ✓ Make veggie burgers and fritters
- ✓ Use in curries and dahls
- ✓ Add to bowls and wraps



## PUREE

- ✓ Add to baked goods for a secret protein boost
- ✓ Incorporate into pasta sauce
- ✓ Mix into guacamole, hummus or mashed potatoes



## FLOUR

- ✓ Use in breading batter
- ✓ Swap  $\frac{1}{2}$  the All-Purpose Flour in bread
- ✓ Thicken soups, sauces and gravy



## ROASTED

- ✓ Substitute for croutons as a crunchy salad topper
- ✓ Add to homemade granola or smoothie bowls
- ✓ Top side dishes like roasted veggies