

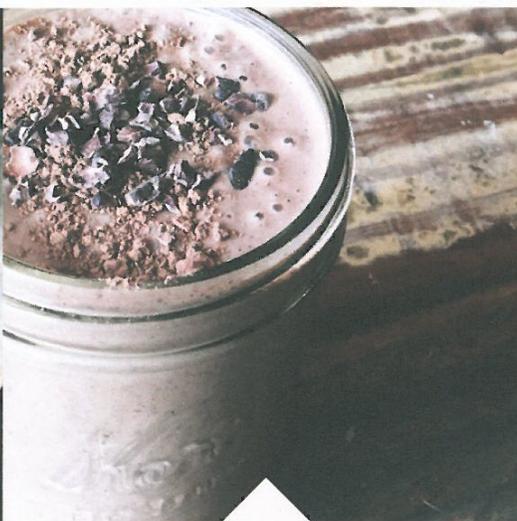
PULSE  
FACTS

# Versatility

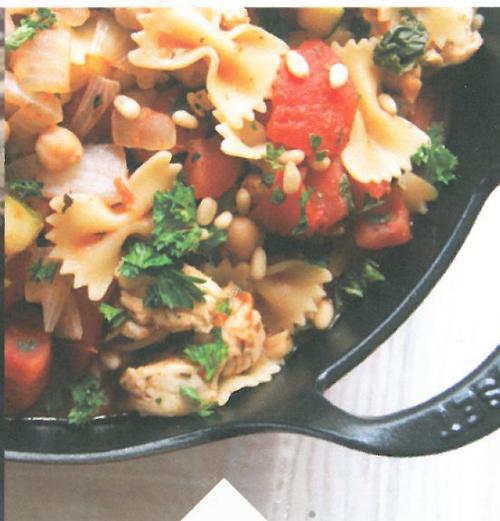
*The Many Ways to Love Pulses:*



Swap half the meat in nearly any recipe with lentils



Add cooked white beans or pea protein to smoothies, or try pulse flours to make gluten-free baked goods



Add chickpeas to pasta, or select one of the many pastas made with pulses



**It takes the same time to prepare lentils and split peas as it takes to prepare pasta, quinoa or rice (15-30 minutes)**

*No time? Try canned or flash frozen pulses*

2016 THE INTERNATIONAL  
YEAR OF PULSES

↪ #IYP2016

PULSES



DRY PEAS, BEANS,  
LENTILS & CHICKPEAS