

What's a Pulse?

Pulses are one of the most versatile foods on the planet. Composed of dry peas, lentils, chickpeas and beans, these tiny powerhouses pack a hearty fiber- and protein-rich punch—and they're sustainable to boot.

Chickpeas

(GARBANZO BEANS)



KABULI



DESI

PULSES



Explore recipes at:
pulsepledge.com

Lentils



GREEN



RED



SMALL
BROWN



FRENCH
GREEN



BLACK

Dry Peas



SPLIT
GREEN



SPLIT
YELLOW



WHOLE
GREEN



WHOLE
YELLOW

Beans



ADZUKI



BLACK



BLACKEYE
PEAS



KIDNEY
DARK RED



KIDNEY
LIGHT RED



GREAT
NORTHERN



NAVY



PINTO



FAVA



SMALL RED



MUNG



LIMA



CRANBERRY



PINK