

free recipe ebook



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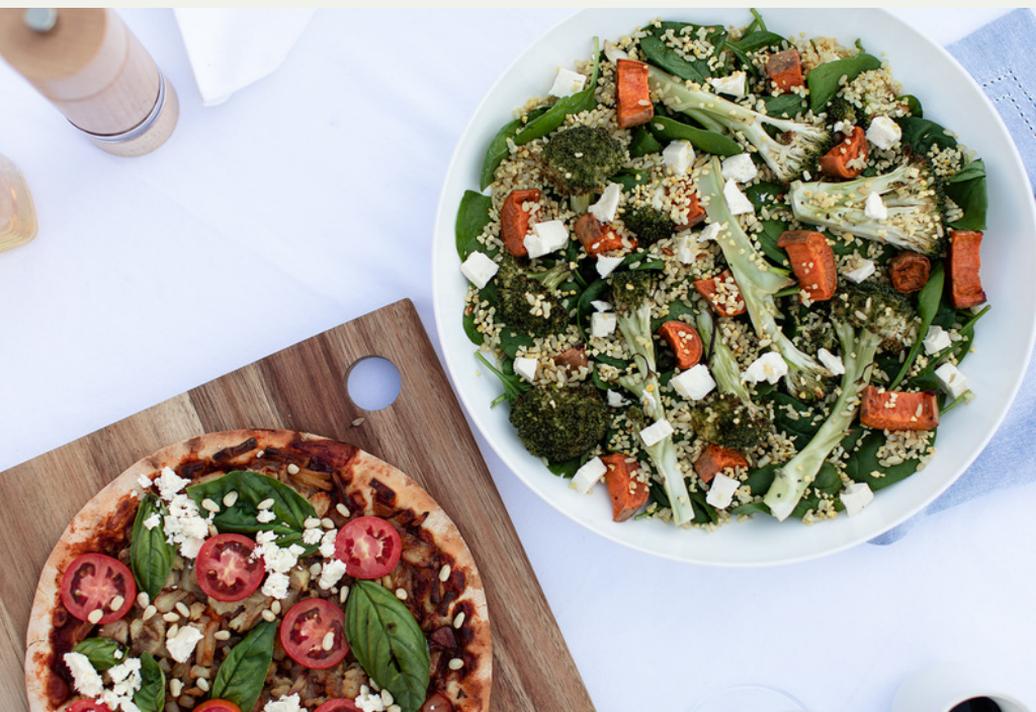
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You probably won't be surprised to hear that the team at Lupins for Life loves Australian sweet white lupins. It's no wonder given that our family has been planting, growing and harvesting this sweet little legume for decades. But it was only after learning that Australian sweet white lupins are the highest natural source of fibre and protein that we started Lupins for Life with a mission to share the value of lupins with the world.

So, in furtherance of our mission, we would like to share with you our tips and tricks learnt over the past five years on how to get the most out of your gluten free lupin products – kibble, crumb, semolina and flour. You'll be pleased to know that it's easier than you might think to add this little legume into your everyday cooking, boosting your nutrition to help you feel better and improve your lifestyle.

We've included recipes from our family, friends and customers from all over the world. Getting to see people make the most of this wonderful food is our favourite part of Lupins for Life, so please get in touch if you have a question or another recipe you think the community should hear about!

While bon appetit may be the universal gastronomical offering, at Lupins for Life, we know our customers prefer that local touch. So, instead, dig in and enjoy!

The team at Lupins for Life
Jindera, New South Wales



HEALTH & WELLNESS

In recent years there has been extensive research aimed at determining the health benefits of Australian Lupins by medical scientists and dietitians in Australia and Europe. There is supportive scientific evidence that consuming lupin-enriched foods can provide several health benefits, including:

- keeping you feeling fuller for longer (low GI);
- lowering blood pressure;
- helping maintain insulin levels for diabetics; and
- improving gut and bowel health.

Visit our [nutrition page](#) and [want more info](#) for sources.

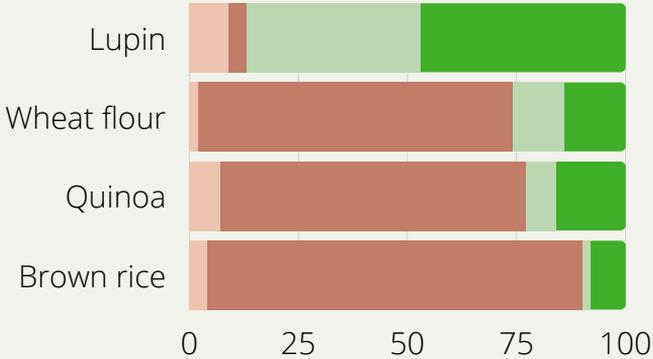
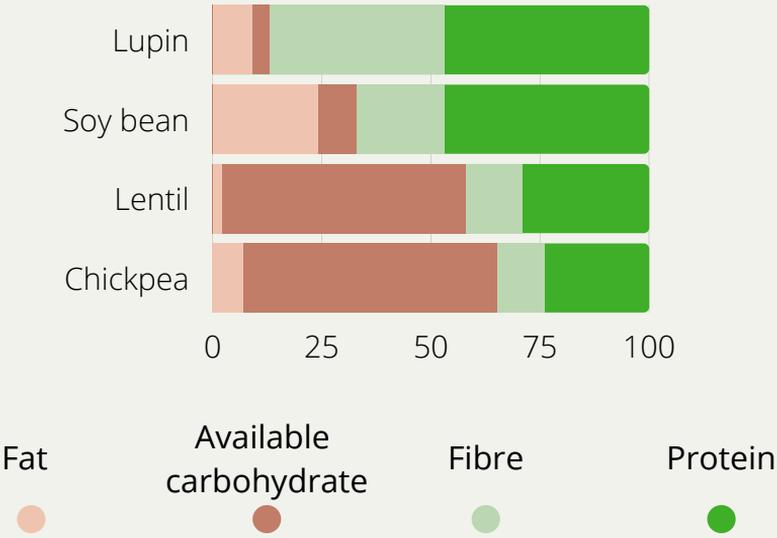
The Lupins for Life kibble, crumb, semolina and flour products are 100% natural, high protein and fibre, low carb, low GI, gluten free and contain all nine essential amino acids. We have also included our world-first toasted protein flakes in our recipes, but because part of the process for them is off-site they are not certified gluten free.

IMPORTANT NOTE: Please be aware that lupin is an allergen. It may produce an allergic reaction for a small percentage of the population. People with a peanut allergy may also react to lupin.

per 100g	
NUTRITIONAL PROFILE	
Energy	1450
Protein	43
Carbohydrates	7.6
Sugars	4.3
Dietary fibre	29.4
Total fats	9.3
Saturated fats	1.5
Sodium	8
Calcium(mg/100g)	79
Potassium (mg/100g)	1280

All values are averages and are subject to seasonal variation.

COMPARED TO OTHER FOODS



100% plant-based
 gmo free
 fruit free
 nut free
 alkaloid (bitters) free
 5/4 products
 coeliac Aust & NZ cert.
 halal cert.

Free from:
 preservatives
 additives
 artificial colours
 artificial flavours
 added sugars
 artificial sweeteners

3 times more:
 protein than quinoa
 fibre than oats
 iron than kale
 antioxidants than berries
 potassium than bananas

LUPIN KIBBLE

For kibble size is everything! Our unique process brings you the perfect size to replace or blend with other grains or legumes.

HOW TO USE

Lupins for Life kibble is ideal as a gluten-free alternative to couscous and tabouli. It provides texture and highlights in breads, biscuits and cakes, all while boosting protein and fibre levels.

A customer favourite is to blend our kibble into soups or to blend it with rice, cooking it in the same pot to provide a high protein, lower carb alternative to every rice dish.



Dr Joanna McMillan's vegetable soup

- 2 tablespoons extra virgin olive oil
- 1 red onion
- 3 sticks celery
- 1 carrot
- 1 zucchini
- 1 bunch broccolini
- ½ cup lupin kibble
- 1 litre chicken stock
- Handful of chopped parsley, mint and coriander

Heat oil in a large saucepan. Chop all the vegetables and add them to the heated pan.

Once they are soft and fragrant, add the kibble and chicken stock. Simmer for half an hour and then blitz in blender.

Return soup to pan, season to taste and add herbs.

Serve with sourdough bread, spread with cream cheese and mature crumbly cheddar.

[Dr Joanna McMillan](#) - Dietitian and Nutrition Scientist



Protein rice mix

2 ½ cup brown rice
½ cup lupin kibble
½ cup tri-coloured quinoa
2 ½ cups water

Rinse the rice, kibble and quinoa very well.

Place in rice cooker or saucepan with water and a pinch of salt. To get your water to rice ratio right, we recommend using your forefinger as a measure. If the water is one knuckle above the rice, then it should be perfect!

Once cooked, allow to stand for 10 minutes then gently fluff with a fork.

Serve as your usual accompaniment to curry, stir fry, a burrito bowl, or any other dish suitable to serve with rice.



Berry icypoles

300g natural (or Greek) yoghurt
2 tbsp rice malt syrup (more or less as desired)
2 tbsp lupin kibble
⅓ cup frozen or fresh raspberries
⅓ cup frozen or fresh blueberries

Combine yoghurt, rice malt syrup and lupin kibble (with a whisk works well).

Fold in berries.

Spoon mixture into icy-pole moulds.

Freeze for at least 4 hours or until set.



LUPIN CRUMB

Our crumb is carefully sieved to bring you a protein and fibre rich crumb perfect for coating meat, fish or vegetables.

HOW TO USE

Lupin crumb makes the perfect low-carb, gluten-free tabouli or fine couscous.

It makes an ideal alternative to almond meal, bread crumb or panko crumb. Lupins for Life crumb can even be used as the base for dips such as hummus as a replacement for chick peas.

You can also add it to baked foods such as breads, biscuits and cakes for increased nutrition and texture.



Meatballs

- 500gms mince (chicken or beef)
- 1 x stick celery roughly chopped
- ½ onion – diced rough
- 1 x head broccoli – roughly chopped
- 1 x carrot – grated
- 2 eggs
- 1 x dessert spoon of ABC sweet soy sauce
- 2 x dessert spoons of BBQ sauce
- 2 x dessert spoons of lupin crumb
- 1 teaspoon vegetable stock

For the crumb mix. combine ½ cup of lupin crumb and ½ cup GF breadcrumbs.

In a food processor blend celery, onion and broccoli to a rough crumb mixture. Add this to the mince in a bowl. Add in the eggs and sauces and stir so the mixture is sticky and blended. Roll small handfuls into balls and roll in crumb mix. Using coconut oil, fry the balls slowly at a medium heat until cooked through.



Crumbed fish

2 white fish of your choice fillets eg. Basa
2 small eggs
½ cup lupin crumb
Salt and pepper
Rind of 1 lemon
Olive oil, to fry

Whisk eggs in shallow bowl.

Combine lupin crumb with salt and pepper and grate a small amount of lemon rind into the crumb.

Coat each fillet in the whisked egg.

Coat each fillet in crumb mixture.

Heat oil in pan, and fry the fillets over a medium heat until golden and cooked through.

Serve with a salad and desired dressing.



Snickers protein balls

60g lupin crumb
60g almond meal
15g raw cacao
90g rice malt syrup
100g peanut butter
10g coconut oil

Combine all ingredients in a medium sized bowl.
Roll into balls.

You can roll your balls in raw cacao, lupin crumb or chopped peanuts. As this takes time, you can choose to just leave them plain or put those ingredients into the actual mixture.



LUPIN SEMOLINA

Lupin semolina is the perfect gluten-free substitute for wheat semolina and a great substitute for corn semolina. Sweet white lupins have long been used like semolina in the Mediterranean and South American diets.

HOW TO USE

Lupin semolina is carefully sieved to between 350 and 630 microns making it ideal for pastas such as gnocchi and pizza, bread and biscuit doughs.

Include it as an alternative or a combined addition to pizza dough, to cornbread, cakes such as our fabulous [pistachio and semolina syrup cake](#) or to our breakfast pudding.



Homemade pasta

230g 00 flour

70g lupin semolina

3 eggs

water, as needed (you might only need to wet your hands)

Combine flour, lupin semolina and eggs and mix until comes together. Knead for five minutes, or until smooth.

Wrap in cling wrap and let rest for 30 minutes (it will dry out otherwise).

Put through a pasta machine working with a quarter of the dough at a time. Run through machine multiple times on the largest setting while folding in half until you get the shape and consistency you want, then continue to decrease the thickness setting (we stop at 3 for fettuccini), finally run through which setting you'd like (we usually use fettuccini).

Add to salted (1-2 tsp salt) boiling water for 6-7 fresh (8 minutes dried) or until al dente).



Apple crumble cake

1 cup lupin semolina

1 cup caster sugar

1 cup gluten free self-raising flour

1 teaspoon cinnamon

½ teaspoon salt

3-4 large granny smith apples, peeled and grated

1 teaspoon vanilla bean paste

Juice of 1 lemon

125g block salted butter, frozen (plus extra for greasing)

1 cup crushed walnuts

Cream, custard or yoghurt to serve

See next page for method.



Apple crumble cake

Preheat oven to 180°C.

Combine semolina, sugar, flour, cinnamon and salt in a bowl. Mix together to evenly distribute.

Peel, quarter, core and coarsely grate apples into a separate bowl, stirring through vanilla bean paste and lemon juice.

Line the base of a 20/22cm springform cake tin and grease the sides.

Take the butter out of the freezer and coarsely grate a third of it across the base of the cake pan.

Scoop out a cup of dry ingredients and sprinkle it across the bottom of the pan. Spread half the apple mixture on top of the dry ingredients layer.

Continue layering in this order: apples, dry ingredients, butter, apples, walnuts, dry, butter.

Put cake pan onto a baking tray and bake for 30–35 minutes, until the top is slightly browned, just before the nuts begin to burn.

Allow the cake to cool in the tin, then remove and serve with cream or yoghurt.

Note: adapted from a recipe by Alice Zaslavsky (TV and radio culinary correspondent; and best-selling author 'Alice's Food A-Z' & 'In Praise of Veg')

LUPIN FLOUR

Our flour is gluten-free, low GI and GM free and rich in potassium, calcium and magnesium. Our nine-step milling provides a soft, consistent flour – the perfect alternative to plain flour or to blend with other flours to boost protein and fibre levels.

HOW TO USE

Sweet white lupin flour is an ideal inclusion for bread, biscuits, cakes, pasta and pastry, typically used at inclusion rates up to 40%, though with many cakes, slices and biscuits, our lupin flour can be used at 100% and still retain a great taste and texture!

Try our peanut butter cookies, coconut fudge slice, protein balls or pasta for some delicious additions to your cooking repertoire!



Gluten free bread

500mls water

3 eggs

2 tablespoons olive oil

1 teaspoon vinegar

4 cups gluten free flour (eg. 1 cup wholemeal lupin, buckwheat, chickpea and polenta)

3 tablespoons mixed seeds (poppy seeds, pine nuts, pumpkin seeds, sunflower seeds, sesame seeds, linseed)

1 tablespoon xanthan gum

2 tablespoons sugar

1 ½ teaspoons salt

2 teaspoons yeast

Put ingredients in pan in the order above. Place in bread maker. Choose gluten free programme and select dark crust. If you have a size selection, select 1 kg loaf. Press start.

Scrape sides of tin down after 5/10 mins to encourage all ingredients to be mixed properly. Cook for about 2.5 hours.



Falafels

2 cups lupin kibble (soaked overnight in water)

1 onion

3 garlic cloves

2 teaspoon cumin

2 teaspoon ground coriander

2 tablespoon lupin flour

1 teaspoon salt

½ cup fresh parsley

Combine all ingredients in a food processor. Form into balls and place in a hot pan with olive oil until browned and cooked through.

Serve with hummus and tabouli or with salad in a wrap.



Banana and berry smoothie

- 1 banana
- 1 cup frozen mixed berries
- 1 cup milk
- 3 tablespoons lupin flour
- 1 tablespoon honey (optional)
- 5 tablespoons Greek yoghurt

Blend it all together until smooth. Pour into a glass and enjoy!



TOASTED PROTEIN FLAKES

Our toasted Protein Flakes are a world first. A pure plant based protein made from 100% Australian sweet white lupins, they have a beautiful nutty taste with the highest protein of any lupin available in Australia today.

Please note: our flakes may contain traces of gluten due to the rolling process undertaken at an offsite mill.

HOW TO USE

For breakfast, simply add 25-30% toasted Protein Flakes to your muesli or other cereals or with yoghurt and fresh fruit or add it to your smoothie for added nutrition and texture.

For lunch or dinner, you can add Protein Flakes to salads and casseroles.

For snacks and desserts, add to slices, biscuits and your favourite cakes for crunch and extra nutrition.



Protein muesli

1 cup toasted protein flakes (not certified GF)
2 cups rolled oats
2 tablespoons raisins
2 tablespoons goji berries
2 tablespoons dried strawberries
1 tablespoon sunflower seeds
½ cup rice puffs
Greek yoghurt, to serve

Mix all ingredients together, adding more or less of ingredients as you prefer.

Store in airtight container.

Serve with yoghurt and fresh or frozen berries (defrosted).



Chocolate crunch slice

250g butter, melted

2 cups (40g) firmly packed brown sugar

2 eggs, beaten lightly

2 teaspoons vanilla essence

2 1/2 cups (375g) Lupin Flour

5 tspn baking powder

1 1/2 cups (270g) oats

1 1/2 cups Lupin Toasted Protein Flakes (not certified GF)

FILLING

300g dark chocolate, chopped

395g can sweetened condensed milk

30g butter, chopped

1 cup (120g) chopped pecans (optional)

2 teaspoons vanilla essence

See next page for method.



Chocolate crunch slice

Preheat the oven to moderate (180C/160C fan-forced). Lightly grease two 19cm x 29cm rectangular slice pans; line pans with baking paper to cover base and extend over two opposite sides.

Combine butter, sugar, eggs and essence in a large bowl. Add sifted flour and lupins; mix well. Divide mixture into three equal portions.

Press one portion of mixture evenly over base of one prepared pan; repeat with another portion in the second pan. Refrigerate while preparing filling.

FILLING: Combine chocolate, condensed milk and butter in a small pan; stir over low heat for about 2 minutes or until chocolate is melted. Add nuts and essence; mix well.

Spread filling evenly over both bases. Crumble remaining mixture over filling in both pans. Bake in a moderate oven for about 30 minutes or until browned. Cool in pans.

Remove from pans; cover and refrigerate for several hours before cutting into bars.



FREQUENTLY ASKED QUESTIONS

Are Lupins For Life products organic?

Our lupin products are not certified organic. Lupin is a rotation crop used to regenerate the soil between other crops. Lupins for Life does keep accurate records for each paddock and is happy to provide further information.

How much fibre should I consume each day?

We should consume at least 25 to 30g each day. A standard serve of lupin flour contains 30g of fibre.

What is the allergen status of lupin?

Lupin may produce an allergic reaction for a small amount of the population. People with a peanut allergy may also react to lupin.

I have other questions, how do I find out more?

Feel free to email any questions you may have and we'll get in touch as soon as we can: info@lupinsforlife.com.au

Where can I find out more about lupins?

We refer to a number of articles that discuss the prior research into lupins.

Lupins.org: www.lupins.org

Pulse Australia: <http://pulseaus.com.au/blog/post/unique-food-value-lupin>

Dr Regina Belski

[Health benefits of legumes and pulses with a focus on Australian Sweet lupins](#)

[The effects of lupin-enriched foods on body weight, body composition and cardiovascular disease risk factors](#)

Catherine Julie Aarthy.C

[A study on the lupin seed \(lupinus albus\) its nutrient content and health benefits in comparison to soyabean.](#)

WHAT OUR CUSTOMERS SAY

"Your products are absolutely amazing! My only regret? Don't know why I didn't discover them earlier!! I practically use them every day in all possible ways, from savoury dishes to desserts!

Thank you so much for your professionalism in delivering priceless products, as well as a great service!" - Martina

"Fantastic product and easy to order. I also love supporting Australian farmers who produce healthy food for my family."

- Alicia

"The taste is delicious. The crumb is the closest to "normal" bread crumbs and gluten free." - Imogene

"Excellent product quality and great customer service - would definitely recommend you to GF bakers and health freaks. Thumbs up from us!" - Adam

Try all the recipes with our value pack



\$51.50

includes free shipping for Australian orders

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