

recipe tips



Kibble:

Our unique process brings you the perfect size to blend with any rice (1:2 or 1:3 ratio), cooking together to provide a high protein, lower carb alternative to every grain dish.

- blend with porridge or steel cut oats – even soak overnight with oats as you would bircher muesli
- use straight or mixed as couscous and tabouli
- provide texture and highlights in breads, biscuits and cakes
- add to soups, mixing in for the last 10 minutes of cooking time
- use in place of, or mixed with, any of your favourite grains or legumes

Crumb:

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

- use in place of almond meal or bread crumb
- low-carb and gluten-free tabouli or fine couscous
- dips like hommus
- baked foods such as breads, biscuits and cakes
- stuffing mix

Semolina:

- gluten free alternative to semolina flour
- blending with other flours for pastas, gnocchi and pizza bases, bread and biscuit doughs

IMPORTANT:

Lupin is an allergen and may produce an allergic reaction for a small amount of the population.

recipe ideas at lupinsforlife.com.au

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Flour:

- flour/wholemeal flour is an ideal inclusion for bread, biscuits, cakes, pancakes, scones, pasta and pastries, typically used at a rate of up to 40%.
- with many cakes, slices and biscuits, our flour can be used at 100% and still retain a great taste and texture.

Protein flakes:

- add protein flakes to your muesli, trail mixes, smoothies or other cereals at a 30% rate.
- sprinkle on top of yoghurt and fresh fruit.
- add to salads for crunch or add to slices, biscuits, cakes or muffins for added nutrition.

IMPORTANT:

Our flakes may contain traces of gluten due to the rolling process undertaken at an offsite mill.

