

NORTHERN CROPS INSTITUTE

# Beverage made with Pulse Ingredients

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For Northern Pulse Growers Association

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# INSTANT HOT CEREAL, DRY MIX

Ingredients	Gram	%
Brown Rice Flour	4.0	8.0
Milled Quick Cook Oat	9.0	17.9
Light Brown Sugar	4.0	8.0
Wheat Germ	6.0	12.0
Skim Milk Powder	8.0	15.9
Precooked Lentil Flour	11.0	21.9
Powdered Sugar	4.0	8.0
Roasted Sesame Seed	3.4	6.8
Vanilla Powder	0.3	0.5
Sucralose (Splenda)	0.5	1.0
<b>Total Amount</b>	<b>50.2</b>	<b>100</b>

The recipe makes 1 serving.

Procedures:

1. Mix together ingredients to make the dry mix.
2. Add 125ml of hot water to the mix and serve.

<b>Nutrition Facts</b>	
Serving Size (50g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 13g	
<b>Protein</b> 9g	
Vitamin A 4%	• Vitamin C 0%
Calcium 15%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition label for dry mix

# STRAWBERRY PROTEIN BEVERAGE, DRY MIX

Ingredients	Grams	%
Strawberry Powder	10.9	4.1
Nonfat Dry Milk	6.5	2.5
Sucralose (Splenda)	3.3	1.2
Vanilla Powder	2.8	1.1
Pea Protein	2.2	0.8
Citric Acid	0.3	0.1
<b>Total Amount</b>	<b>26.0</b>	<b>9.8</b>

The recipe makes 1 serving.

Procedure:

1. Combine dry mix.
2. Add 1 cup (240 ml) of skim milk to the dry mix in a blender.
3. Shake/stir well before drinking.

Nutrition Facts	
Serving Size (26g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 90</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 3g	12%
Sugars 10g	
<b>Protein 5g</b>	
Vitamin A 0%	Vitamin C 200%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition label for dry mix

Nutrition Facts	
Serving Size (266g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 950</b>	Calories from Fat 15
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 1360mg</b>	<b>57%</b>
<b>Total Carbohydrate 145g</b>	<b>48%</b>
Dietary Fiber 3g	12%
Sugars 135g	
<b>Protein 90g</b>	
Vitamin A 110%	Vitamin C 220%
Calcium 310%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition label for dry mix with skim milk

# DAIRY-FREE DARK CHOCOLATE DRY MIX WITH PULSE MILK

## Chocolate flavor dry mix

Ingredients	Volume	Gram	%
Dutch process cocoa	3 tbsp	24.5	5.9
Sucralose (Splenda, granulated)	1 tbsp	1.5	0.4
Vanilla powder	1 tsp	3.4	0.8
Sugar	2 tbsp	26	6.2
Salt	1/8 tsp	0.9	0.2
Total amount:		416.3	100

## Pulse milk

Ingredients	Volume	Gram	%
Whole yellow pea	1/4 cup	40	3.1
Whole chickpea	1/2 cup	82	6.4
White rice (long grain)	1/4 cup	50	3.9
Water	1,100 ml	1,100	86.5
Total amount:		1272	100

The recipe makes 2 servings of dairy-free dark chocolate drink.

Procedures dairy-free dark chocolate milk:

1. Combine dry ingredients together to make dry mix.
2. Combine dry mix with 1 cup (240g) of pulse milk. Blend well.
3. Add 1 cup (~120g) of ice cube and blend.
4. Serve immediately

Procedures for pulse milk:

1. Soak yellow pea and chickpea overnight. Soak white rice for 1 hour prior to use.
2. Blend the soaked grain with water in a blender until well combined.
3. Boil the mixture for 20 minutes.
4. Pass the cooked mixture through cheese cloth.

Note: With this recipe, pulse milk contains about 6.5% solids.

Nutrition Facts	
Serving Size (208g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 120</b>	Calories from Fat 25
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 4g	16%
Sugars 13g	
<b>Protein 4g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition label for dry mix with pulse milk

# HORCHATA PROTEIN DRINK, DRY MIX

Ingredients	Grams	%
Vanilla Powder	10.0	41.4
Nonfat Dry Milk	6.5	27.0
Pea Protein	4.4	18.0
Sucralose (Splenda)	2.2	9.0
Cinnamon	1.1	4.5
<b>Total Amount</b>	<b>24.19</b>	<b>100</b>

This recipe makes 1 serving.

Procedures:

1. Add all dry ingredients to 8oz of milk.
2. Stir/shake vigorously.

<b>Nutrition Facts</b>			
Serving Size (24g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories</b> 90	<b>Calories from Fat</b> 5		
% Daily Value*			
<b>Total Fat</b> 0g	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 110mg	<b>5%</b>		
<b>Total Carbohydrate</b> 16g	<b>5%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 6g			
<b>Protein</b> 6g			
Vitamin A 4%	• Vitamin C 0%		
Calcium 10%	• Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Nutrition label for dry mix

<b>Nutrition Facts</b>			
Serving Size (264g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories</b> 170	<b>Calories from Fat</b> 5		
% Daily Value*			
<b>Total Fat</b> 0.5g	<b>1%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 5mg	<b>2%</b>		
<b>Sodium</b> 210mg	<b>9%</b>		
<b>Total Carbohydrate</b> 28g	<b>9%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 18g			
<b>Protein</b> 14g			
Vitamin A 15%	• Vitamin C 0%		
Calcium 40%	• Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Nutrition label for 1 serving of dry mixed with 8fl.oz. of nonfat milk

## BERRY SMOOTHIES WITH LENTIL

Ingredient	Gram	Percent
Frozen strawberries	50	11
Frozen mix berries	50	11
Cooked lentil	44	10
Milk	130	29
Apple juice	130	29
Nonfat yogurt plain	22	5
Honey	21	5
<b>Total</b>	<b>447</b>	<b>100</b>

This recipe makes 2 servings.

Procedures for cooking lentil:

1. Add 3 cups of water with a cup of lentil and bring it to boil.
2. Reduce heat to low and cook for another 25 minutes or until lentil becomes soft.
3. Allow the cooked lentils to cool to room temperature.

Procedures for making smoothies:

1. Mix all the ingredients together in a blender.
2. Serve immediately.

Comments:

Lentils are ideal for smoothies due to its mild flavor and thickening properties.

<b>Nutrition Facts</b>	
Serving Size (224g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 21g	
<b>Protein</b> 6g	
Vitamin A 2%	• Vitamin C 25%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# MANGO LASSI

Ingredient	Gram	Percent
Mango (fresh/Canned)	250	38.3
Yogurt	250	38.3
Milk	125	19.1
Sugar	26	4.0
Pea protein	2	0.3
	653	100

This recipe makes 3 servings.

## Procedures:

1. Add pea protein in milk and mix well.
2. Add all the ingredients together and blend well.

Nutrition Facts			
Serving Size (218g)			
Servings Per Container			
Amount Per Serving			
Calories 160		Calories from Fat 10	
% Daily Value*			
<b>Total Fat</b>	1.5g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	115mg		5%
<b>Total Carbohydrate</b>	31g		10%
Dietary Fiber	1g		4%
Sugars	18g		
<b>Protein</b>	7g		
Vitamin A 40% • Vitamin C 10%			
Calcium 20% • Iron 0%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			