

chickpea wonders

33 NUTRIENTS

- 15 g protein per cup
- 13 g fiber per cup
- Calcium and phosphate
- Magnesium and zinc
- Vitamin K, selenium, and folate
- 69% of daily iron needs per cup
- 55% of daily vitamin B6 needs per cup

BENEFITS FOR HEALTH

- Low-sodium and cholesterol-free for heart health
- High calcium and phosphate for bone health
- High-fiber for digestion, weight loss
- High-protein for midday snacks
- Anti-inflammatory & antioxidant actions
- Low-glycemic index for diabetes
- Named a Naturally Nutrient Rich food source
- Vegan, gluten-free, and nut-free for special diets

FOR THE WORLD

- Sustainable, versatile crop
- Low water needs for farming
- Nitrogen processor for soil fertility

RECIPE IDEAS

- Thicken sauces: <http://bit.ly/1Szv2rV>
- Processed for hummus: <http://bit.ly/2qOGW9x>
- In a salad: <http://bit.ly/2s2gy0h>
- Roasted: <http://armagazine.com/1nyyqdh>

THREE WAYS TO BUY & USE

DRIED

- Dry to soak before use
- Dried and seasoned as a portable snack

CANNED

- Drained for salads
- Mashed into falafel
- Roasted with spices
- Liquid to replace egg whites

GROUND

- To coat meats before breading and baking
- To process into hummus
- To thicken sauces, soups, or baked items
- To fry as flatbread