

The Power of Pulses

10TH OF FEB IS WORLD PULSES DAY, LEARN WHY WE LOVE THEM!

PULSES PACK A NUTRITION PUNCH

Pulses are a great source of protein, iron, zinc, B-vitamins and fibre, while being low in fat and cholesterol free

CHEAP AND MULTIPURPOSE

Pulses are economically viable for almost everyone and are incredibly versatile to cook with

WATER EFFICIENCY

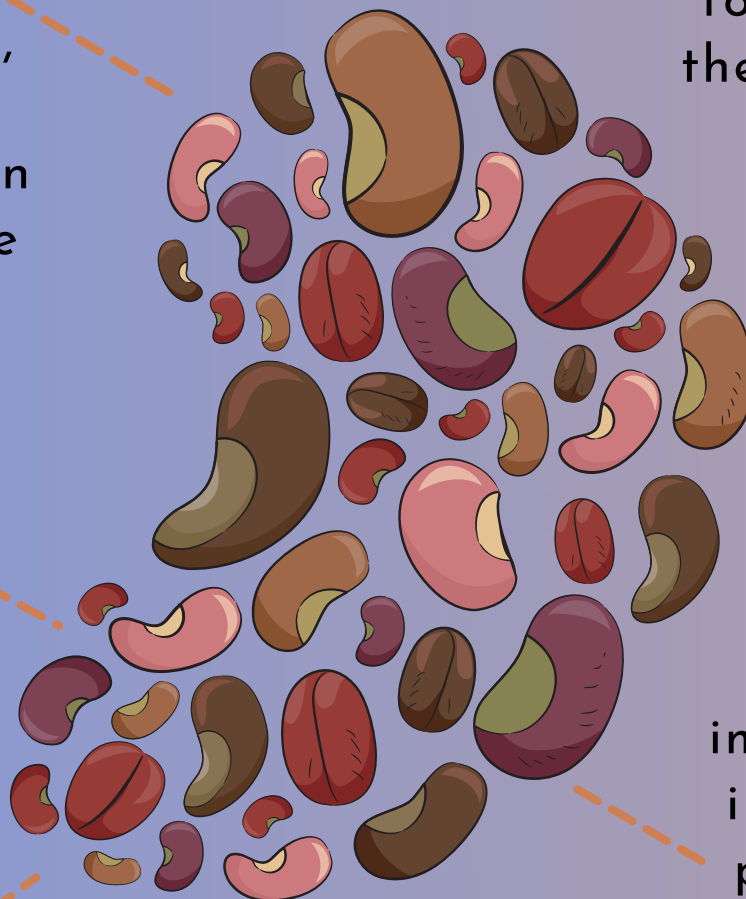
Growing pulses uses a lot less water when compared to other protein sources

FOOD SECURITY

Pulses can be stored for months without losing their high nutritional value

SUSTAINABLE AGRICULTURE

The nitrogen-fixing properties of pulses can improve soil fertility, which improves and extends the productivity of farmland. For example, cereals grown after pulses yield ~1.5 tonnes more per hectare than those not preceded by pulses



6 Simple Swaps to Add More Pulses to Your Plate

REPLACE MAYO WITH HOMMUS ON SANDWICHES

MAKE CHICKPEA PATTIES INSTEAD OF CHICKEN BURGERS

ADD WHITE BEAN PUREE TO MUFFINS AND CAKES IN PLACE OF BUTTER

TRY LUPIN FLAKES INSTEAD OF PROTEIN POWDER IN YOUR SMOOTHIES

LEAN ON LENTILS INSTEAD OF MINCE FOR SPAGHETTI

SWAP BEEF FOR BLACK BEANS IN YOU TACOS

