

Flour Besan / Chickpea Organic



Besan Flour is milled from dried chickpeas and is also known as garbanzo or gram flour. It has a delicious nutty flavour, sweet aroma and light yellow colour. This wheat free Besan Flour is Certified Organic. No synthetic fertilisers or sprays have been used, it is non GMO, and has no added preservatives. Organic Besan Flour is traditionally used in Indian breads and savoury pastries including poppadums and pakoras. It is also wonderful for thickening and binding savoury recipes.

How to Use:

Organic Besan Flour is a great grain free thickener in any savoury dish. It is also an excellent way to bind recipes. Use it in egg-free burgers by mixing with cold water to make a thick paste. Delicious Besan flour is often called for in Indian recipes. Create mouth-watering Pakoras by combining 1 cup of besan flour with $\frac{3}{4}$ cup of water and spices such as Garam marsala, coriander, ginger and turmeric. Use batter to coat pieces of vegetables, or combine with grated veggies to

make patties, before frying.

Ingredients:

Organic Chick Pea Flour.

Preservative Free, Non GMO. Paleo.

Allergens:

No Known Allergens. **This product may contain traces of Allergens.**

Storage:

Store in an air tight container in a cool, dry place, away from direct sunlight. Refrigeration recommended.

Shelf Life:

Up to 12 months when stored as above. See Best Before date.

NUTRITION INFORMATION		
Serving size:		
50 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	766 kJ	1531 kJ
Protein	11.2 g	22.4 g
Fat, total	3.4 g	6.7 g
– saturated	0.4 g	0.7 g
Carbohydrates	24.0 g	48.0 g
– sugars	0.8 g	1.5 g
Sodium	32 mg	64 mg