



Oatmeal Lentil Chip Cookies

3/4 cup margarine
1 cup brown sugar
1 egg
1 1/2 tsp. vanilla
3/4 cup lentil puree*
1 1/2 cups all purpose flour
1/2 tsp. salt
1 tsp. baking soda
2 cups quick-cooking rolled oats
1 cup chocolate chips

* To create puree, add small amounts of water to cooked lentils and blend until the consistency of a puree.

- Pre-heat oven to 190°C (375°F).
- In a bowl, cream together sugar and margarine. Add egg and mix until just blended. Add vanilla and lentil puree and mix until blended.
- Sift flour, salt and soda together. Add flour mixture 1/3 at a time to creamed mixture. Mix until just blended.
- Add oats and chocolate chips. Blend lightly.
- Drop 1 tsp. portions onto greased cookie sheet and flatten with a fork.
- Bake for 12-14 minutes.

Yield: 36 servings



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Saskatchewan Pulse Growers

Who we are

Saskatchewan Pulse Growers (SPG) was formed in 1984 and represents 15,000 pulse crop producers in Saskatchewan.

What is a pulse crop

The word “pulse” is derived from the Latin word “puls,” meaning thick soup, and is used to describe the edible seeds of legumes.

Pulse crops grown in Saskatchewan include:

- bean
- chickpea
- faba bean
- lentil
- pea

Leadership

SPG is led by a producer-elected Board of Directors comprised of seven Saskatchewan pulse producers.



Funding

SPG is funded through a mandatory, non-refundable check-off that is collected when producers sell their pulse crops. Check-off dollars are used to fund projects and further develop the pulse industry.



Goal

SPG exists to facilitate a profitable and sustainable Saskatchewan pulse industry.

SPG programming focuses on:

- producer education
- market development and access
- research and development
- variety commercialization



Health & Nutrition

Pulses are a good fit for people who like to maintain a healthy diet.

Pulses are low in:

- calories
- fat
- sodium

Pulses are also excellent for gluten-free, diabetic and vegetarian diets.

Pulses provide an excellent source of:

- complex carbohydrates
- fibre
- protein

Many nutritionists recommend a daily intake of 25 grams of fibre per day. Pulses are very high in fibre. One cup of cooked navy beans, peas or lentils contains more fibre than two slices of whole wheat bread or one cup of dry bran flakes. Also, pulses such as peas are becoming a more common ingredient in premium brand pet food and fish food.