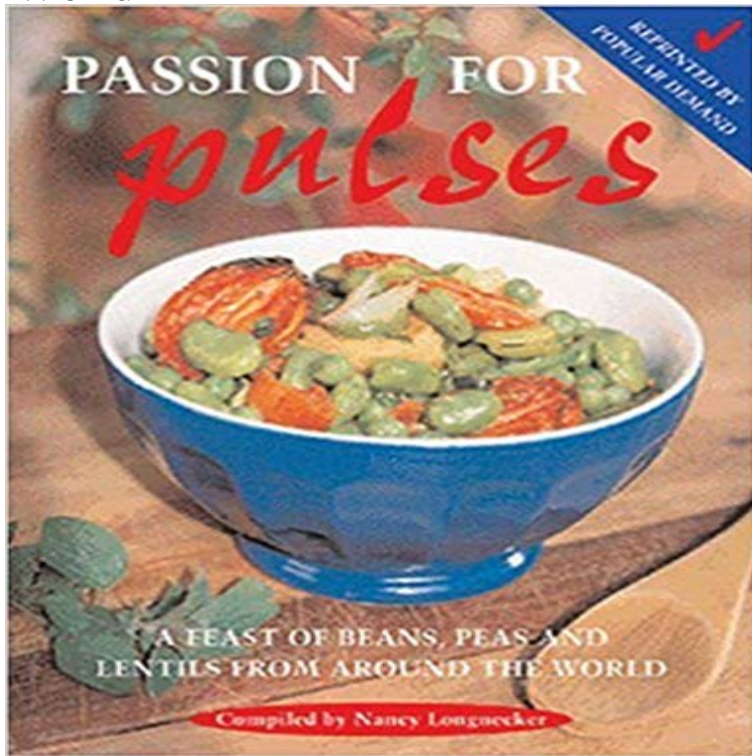


Passion for Pulses : A Feast of Beans, Peas & Lentils from Around the World



Nutritious pulses such as chickpeas, beans, peas and lentils are easy to prepare, versatile and economical. They are also a low-fat, high-fibre food listed in the eat more category of the Australian Nutrition Foundations healthy eating pyramid. But, best of all, they are delicious! Passion for Pulses brings together over 150 sweet and savoury recipes from around the world-old favourites like hommos, dhal and chilli con carne, along with the more exotic Brazilian croustade, lentil tom kha soup and a crab and chickpea curry. And for pure indulgence, who can go past wattleseed shortbread, lentil brownies or gluten-free chocolate cake? Whether you're looking for a quick dish to make at the end of a long day, or something to impress for a special occasion, you'll find it in Passion for Pulses.

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