

LUPIN

a must-eat
superfood!



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There is an emerging gem amongst the superfoods – lupins! Nutritionist *Dr. Shyamala Vishnumohan* introduces us to this highly nutritious and delicious legume.

I grew up in an Indian household where no meal was complete without a steaming hot bowl of dhal! I am not short of pulses, but I admit it - I am now officially obsessed with lupins (pronounced 'loo-pins'), a new superfood.

I started exploring lupins after moving to Western Australia few years ago. I picked up a bag of lupins from work and turned myself into a detective, like I was searching for the world's must-eat food. I compared my new found lupins to every other grain and pulse known to mankind. To my disbelief and amazement, I found that lupin has an exceptional nutritional profile. In fact, lupin turns out to be the world's richest source of combined protein and fibre, with negligible starch!

Lupins are capturing the attention of consumers from around the world, gaining interest from international markets as a new food ingredient to add nutritional benefits to products. In Australia, lupin products are making their way into local restaurants where international recipes are re-invented with lupin ingredients.

IMAGE: Kornelia Kaczmarek



IMAGE: Coorow Seeds

So, what are lupins?

Lupin is a member of the legume family, like lentils, soybeans, peas, faba beans and chickpeas. Lupins were eaten by the early Egyptian and pre-Incan people, as well as by culture in the Mediterranean region and the Andean mountains. There are two kinds of lupins – ‘sweet’ and ‘bitter’. Australian sweet lupins (*Lupinus angustifolius*) are grown in Western Australia as they are well adapted to the sandy and acidic soils of this state.

Western Australia produces 85 per cent of the world’s lupin. Although Australia is actually the largest lupin producer in the world, ironically we consume the least pulses compared to people in other countries. It is as if people had a gold mine in their backyard but simply did not know it!

How are lupin products made?

Lupin is available from Coorow Seeds as lupenta flour, lupenta grits and lupenta splits. These products are made from 100 per cent lupin kernel. The whole lupin bean is dehulled, split and then milled into grits. There is no heating involved and nothing is added.

How to use lupin

Lupin is quite a versatile ingredient when you choose to get adventurous with it. I suppose the closest description of lupin products is that it tastes earthy, nutty and wholesome.

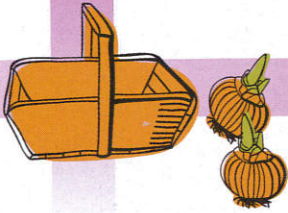
Lupenta flour can be used in various recipes and behaves similar to other legume flours, such as chickpea or lentil flour. It can be used as an ingredient in goods including noodles, pasta, cakes, breads, muffins, biscuits, sausages, tofu, flat breads and pizza. Lupenta grits are coarser than the flour and can be added to both sweet and savoury baking recipes to increase texture and nutrition. Lupenta splits can be used to make dosa (an Indian fermented crepe), chutneys, tempeh, tofu and added to soup recipes. >>



IMAGE: Kornelia Kaczmaraska

Why the world should love lupins?

- Lupins are impressively high in protein (40 per cent). That’s twice the amount of protein in chickpeas, four times the amount of protein in wholegrain wheat, or three times the protein in chicken eggs.
- They are loaded with fibre (37 per cent), twice the amount of fibre in chickpeas or three times as much as prunes. The dietary fibre acts like both soluble fibre (oat fibre) and insoluble fibre (wheat bran).
- Lupins have a very low glycemic index, or GI. Low GI foods slow down the absorption of sugars into the bloodstream, helping balance the blood glucose level for people struggling with type 2 diabetes. This has positive implications for the increasing incidence of obesity and diabetes.
- Lupin is claimed to have three times more iron than kale. Who would have thought this tiny legume holds so much?
- Lupins act as a prebiotic, promoting the growth of good bacteria and assisting with gut health.
- Lupins in the diet can benefit people with hypertension. Lupins are a rich source of arginine, an amino acid that is thought to improve blood vessel performance.
- Naturally gluten free, lupins are suitable for people with coeliac disease or gluten intolerance.
- Lupins contain negligible amounts of phytoestrogens, avoiding potential problems from hormone-like components abundant in soy products.
- Lupins are not genetically modified.



Five different ways of using lupenta grits

1. Replace 10-20 per cent of regular flour with golden-yellow lupenta grits the next time you bake bread. This will significantly reduce the kilojoule content of your bread and improve its nutritional value.
2. Add lupenta grits to make granola or toated muesli.
3. Add 2 T of lupenta grits to 1 C oats or rice before cooking for a protein boost.
4. Quick soak 1 T of lupenta grits in water for 2 minutes and microwave for 1 minute. The grits becomes soft and ready to use in smoothies.
5. Perhaps an inspiration for your next meal....try this delicious salad!

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IMAGE: Rueben Rajasingam



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Quinoa super salad with lupenta grits

1C quinoa
 ½ C lupenta grits
 2 ½ C water
 ½ C shredded carrot
 ¼ C shredded beetroot

¼ C chopped onions
 1 T chopped garlic
 ½ t cumin powder
 (helps with digestion)

2 T olive oil
 ¼ C chopped tomatoes
 ¼ C spring onions
 ¼ C coriander leaves
 ½ large lemon

Mix quinoa and lupenta grits together and slightly toast it in 1 T olive oil until it turns golden brown (this is an important tip to take away the bitterness some people associate with quinoa and lupins). Add the water and bring it to boil. Simmer for 15 minutes until all water is absorbed.

In a separate pan take 1 T olive oil, add chopped garlic and onion and cook for a minute.

Add cumin powder, shredded carrots and beetroot and cook for another minute.

Add the cooked quinoa and lupenta grits and mix well. Turn off the stove.

Toss in the tomatoes, spring onions and coriander leaves and squeeze over juice from the lemon.

A healthy meal ready in less than 20 minutes! It is great to take to work and will sit happily in the fridge for up to 2-3 days. Prepare the quinoa and lupenta grits slightly al dente and add olive oil immediately if you're going to serve it as a cold salad. It'll keep its chewy texture better and won't get soggy or mushy after a day or two in the fridge.

Allergen warning

Like peanuts and soybean, a small number of individuals can experience an allergic reaction to lupins so products made with lupins should carry an allergy warning.

Nutritionist tip

Adding lemon to recipes containing lupin is a good idea, as vitamin C helps absorb the non-heme iron that is more difficult to assimilate by the body.

In a nutshell...

Lupin is a miracle pulse. It can be a natural weapon against obesity, high blood pressure, high cholesterol and insulin insensitivity – all risk factors for cardiovascular disease. Lupins are a nutritional wonder and is well qualified to be an everyday staple and a must-eat superfood.

Could there be a plant more generous than the mighty lupins? 🌱