



**GLUTEN FREE EDITION**



## Lupin Sprouts

Sweet lupinseed sprouts are very easy to grow and outperform soya bean and mung bean by:

- ❖ Producing a higher sprout yield – 7.5kg of sprouts per 1kg of seed (v's 5kg)
- ❖ Having better sensory qualities – wider and longer with excellent colour
- ❖ Not producing lateral roots – others need chemical treatment to inhibit lateral growth
- ❖ Having a crispier, less beany flavour than soy sprouts
- ❖ Providing an excellent source of natural antioxidants (isoflavones)

To sprout just select a suitable tray, bowl or jar, place seed on a paper towel and apply water daily to keep moist – then start harvesting!

### Specification Sheet

Test Name	Per 100g
Carbohydrate excl. fibre (g)	11.5
Energy (kJ)	1,365
Total Dietary Fibre (g)	31.3
Total Fat (g)	5.8
Saturated fatty acids (% total fat)	18.7
Monosaturated fatty acids (% total fat)	33.4
Polyunsaturated fatty acids (% total fat)	47.3
Omega 3 fatty acids (% total fat)	6.3
Omega 6 fatty acids (total fat)	41
Trans fatty acid (% total fat)	< 0.3
Total Sugar (g)	2.9
Fructose	< 0.1
Glucose	< 0.1
Sucrose	< 2.9
Maltose	< 0.1
Ash (g)	2.68
Potassium (mg)	809.62
Sodium (mg)	29.88
Protein (g)	39
Moisture (%)	7.63

## WHERE CAN I GET IT?

To order online or to locate stockists, please visit our website

[www.irwinvalley.com.au](http://www.irwinvalley.com.au)

Tel: 08 9319 9214

Fax: 08 9438 1756

Email: [rcoffey@irwinvalley.com.au](mailto:rcoffey@irwinvalley.com.au)

It is our guarantee that all Irwin Valley Lupin Flour is produced with the highest regard to both food safety and the environment possible. Produced entirely in Western Australia, Irwin Valley Lupin Flour is completely quality assured and offers the consumer traceability for each individual bag of flour right back to the paddock in which it was grown. Irwin Valley Lupin Flour meets HACCP regulations and is produced in accordance with Environmental Management Systems (EMS) guidelines.

Consumers with an allergy to nuts are advised that lupin flour contains a similar protein to that found in nuts and care should be taken when first sampling lupin flour products.



## Lupin = nutrition & good health

Australian Sweet Lupin is uniquely high in protein (up to 40%) and dietary fibre (30%) low in fat (6%) and contains minimal starch and therefore has a very low Glycemic Index (GI). In terms of nutritional and health benefits on offer, lupin seed is an attractive 'GM free' alternative to soybeans.

The protein and fibre components have excellent functional properties and can be used in various processed forms, included in a range of highly palatable bread and baked goods, meat products and beverages.

However the most exciting story to emerge is lupin's amazing attributes with regard to health and in particular obesity and the metabolic syndrome which includes a cluster of factors such as high blood pressure, insulin resistance and elevated blood cholesterol.

Lupin enriched foods deliver on:

- ❖ **Feeling full longer**  
*Subjects reported a significant decrease in hunger between meals.*
- ❖ **Controlling blood sugar levels**  
*Lupin flour inclusion into white bread significantly reduced the blood glucose response and the insulin response.*
- ❖ **Improving blood cholesterol**  
*Lupin fibre acts as a soluble fibre and drops total cholesterol without affecting the HDL cholesterol. Lupin proteins have also been shown to beneficially modify serum lipid profiles by stimulating liver cells to take up and degrade LDL cholesterol.*
- ❖ **Lowering blood pressure**  
*Lupins are one of the best natural sources of the amino acid - arginine, which is thought to improve blood vessel performance. Recent studies indicated that including lupin in the diet assists with hypertension.*
- ❖ **Pre-biotics for Improved bowel health**  
*Lupin foods reduce transit time, lower the colon pH and act as a 'pre-biotic'.*
- ❖ **Very High source of fibre**
- ❖ **Gluten free**

Lupin Flour is naturally high in protein, low in carbohydrate and is gluten free. It is high in fibre and high in antioxidants and can help reduce cholesterol.



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1 kg NET

## Gluten-Free Spicy Apple Tea Cake

The tender, moist crumb, and spicy flavour will have all who try it coming back for seconds!

**Preparation Time: 15 minutes**

**Cooking Time: 45 minutes**

**Ingredients (makes 1 x 20cm cake)**

90g unsalted butter, softened  
 1/3 cup icing sugar  
 2 free-range eggs, beaten  
 2/3 cup gluten-free plain flour  
 1/3 cup (33g) almond meal  
 1/2 cup milk  
 1/4 cup apple juice concentrate  
 2 tsp brown sugar

1 1/2 tsp bicarb soda  
 2 tsp cream of tartar  
 1 tsp xanthan gum  
 2 tsp cinnamon  
 1 tsp allspice  
 1 1/2 tsp natural vanilla essence  
 1 sweet apple, cored & thinly sliced

**Glaze:** 1 Tbs apricot jam (100% fruit) 1 Tbs water

**Method**

1. Preheat oven to 180°C (conventional heat).
2. Cream together butter & icing sugar until white in colour
3. Add beaten eggs & mix well.
4. In large mixing bowl, sift together flours, cream of tartar, bicarb soda, xanthan gum, cinnamon & allspice.
5. In a separate bowl, mix milk, vanilla & apple juice concentrate.
6. Add liquid mix & dry mix alternately to creamed mixture, stirring to combine after each addition.
7. Line a 20 cm round cake tin with baking paper.
8. Spoon mixture in & top with slices of apple.
9. For glaze, mix apricot jam & water, and brush over top of apple.
10. Bake for 45 minutes, or until a skewer comes out clean from the centre, and the edges begin to pull away from the tin.
11. Best enjoyed while warm
12. When cool, leftovers may be stored in an airtight container..



**TIP:**

\* Try a cinnamon & brown sugar blend as the glaze..

**NUTRITION INFORMATION:**

Serving size: 75 grams		
	Average quantity per serve	Average quantity per 100g
Energy	900 kJ	1200 kJ
Protein	5.8 g	7.8 g
Fat, total	39.8 g	53.1 g
- saturated	5.6 g	7.4 g
Carbohydrate, total	20.1 g	26.8 g
- sugars	12.7 g	16.9 g
Sodium	26 mg	35 mg

## Gluten-Free Banana Nutmeg Pikelets

Quick & easy, fruity & spicy, enjoy these treats anytime. Delicious warm from the pan, and any leftovers are great buttered in a picnic basket!

**Preparation Time: 5 minutes**

**Cooking Time: 5 minutes**

**Ingredients (makes approx 16)**

2 medium bananas, mashed  
 1/2 cup (62 g) Irwin Valley lupin flour  
 1/2 cup (75 g) gluten-free plain flour  
 1 tsp gluten-free baking powder  
 1 free-range egg, lightly beaten  
 3/4 cup buttermilk  
 whipped thickened cream, to serve

2 Tbs (40g) raw caster sugar  
 1 tsp natural vanilla essence  
 1 tsp xanthan gum  
 1 tsp bicarb soda  
 1 tsp grated nutmeg  
 30g butter, melted

**TIP:**

\* For an extra sweet touch, go for a Greek yoghurt sweetened with honey.  
 \* Make a stack, with slices of banana between the layers.  
 \* Top with real maple syrup!  
 Fresh strawberries also make a delicious topping.

**Method**

1. Sift flours, xanthan gum, baking powder, nutmeg and bicarb soda into a large bowl.
2. Stir in sugar. Make a well in the centre.
3. Add mashed banana, egg and buttermilk. Using a metal spoon, gently fold until just combined.
4. Heat a non-stick frying pan over medium-low heat. Brush with melted butter. Using 1 tablespoon batter per pikelet, cook pikelets, in batches, for about 2 minutes or until small bubbles appear on surface. Turn pikelets over and cook for a further 2 minutes or until golden and cooked through.
5. Transfer pikelets to a plate and cover to keep warm. Repeat with remaining butter and batter.
6. Serve pikelets with natural Greek yoghurt.



**NUTRITION INFORMATION:**

Serving size: 70 grams (2 pikelets)		
	Average quantity per serve	Average quantity per 100g
Energy	504 kJ	721 kJ
Protein	5.8 g	8.3 g
Fat, total	29.2 g	41.6 g
- saturated	0.8 g	1.0 g
Carbohydrate, total	17.4 g	24.8 g
- sugars	9.8 g	14.0 g
Sodium	28 mg	39 mg

## Gluten-Free Greek Shortbread

The Greeks are fond of their crescent moons, but being an Australian-made variation, I like to think of these as boomerangs! They are decadently sweet and have a melt-in-your mouth short texture. Just try stopping at one!

**Preparation Time: 30 minutes**

**Cooking Time: 10-15 minutes**

**Ingredients**

250g unsalted butter, softened  
 1/2 cup pure icing sugar  
 1 free-range egg yolk  
 Flour mix (200g gluten-free plain flour & 100 g Irwin Valley lupin flour)

3/4 cup (90g) blanched, slivered almonds  
 3/4 cup (90g) blanched, slivered almonds  
 15mL ouzo (plus extra for topping)

**Method**

1. Toast almonds under griller until light golden brown. Allow to cool.
2. Preheat oven to 180°C (conventional heat).
3. Cream butter & sugar until white in colour.
4. Add egg yolks & mix well.
5. Stir in almonds & ouzo.
6. Fold in 2/3 of the flour mix. Continue to add flour only until mixture forms a slightly sticky dough.
7. Roll out dough on lightly floured benchtop into strips approx. 8cm wide.
8. Using a suitably sized glass or small bowl, cut strips into crescent-shaped pieces.
9. Place on a baking tray (lightly greased or use baking paper).
10. Bake until pale golden brown.
11. While still hot, sprinkle liberally with extra ouzo, the dust with icing sugar.
12. When cool, store in an airtight container, covering with extra icing sugar. Can stay fresh for up to 4 weeks.

**TIP:**

\* Sprinkle with rosewater in place of ouzo.  
 \* To make a quick and easy sprinkler for ouzo or rosewater, punch several holes in the plastic lid of a small jar with a kitchen skewer.



**NUTRITION INFORMATION:**

Serving size: 25 grams (1 boomerang)		
	Average quantity per serve	Average quantity per 100g
Energy	537 kJ	2150 kJ
Protein	2.5 g	10.2 g
Fat, total	28.2 g	113.0 g
- saturated	4.6 g	18.6 g
Carbohydrate, total	8.6 g	34.6 g
- sugars	3.8 g	15.3 g
Sodium	4 mg	18 mg

## Gluten-Free Date & Orange Muffins

Sweet, cakey muffins with the tang of orange and the natural sweetness and nutrition of dates. Enjoy warm for morning tea, or cold in lunchboxes; they are sure to become family favourites!

**Preparation Time: 10 minutes**

**Cooking Time: 20 minutes**

**Ingredients (Makes 12 Large / 24 Mini muffins)**

1 cup (125g) Irwin Valley Lupin flour  
 1 cup (150g) gluten-free plain flour  
 2 1/2 tsp (12g) cream of tartar  
 1 tsp (6g) bicarb soda  
 1 tsp (2g) cinnamon  
 2 free-range eggs, beaten  
 Juice & rind of one orange

1/3 cup (70g) brown sugar  
 1 cup (150g) pitted dates, rinsed & chopped  
 1/2 cup (60g) walnuts, chopped  
 3 Tbs (60g) butter, melted  
 2 tsp (6g) xanthan gum  
 1 cup (250mL) milk

**Method**

1. Preheat oven to 200°C (conventional heat) / 180°C (fan forced).
2. Sift together flours, cream of tartar, bicarb soda, xanthan gum & cinnamon into a large mixing bowl.
3. Add sugar, dates, walnuts & orange rind, and mix.
4. Make a well in the centre of the mixture.
5. Pour in butter, egg, milk & orange juice.
6. Fold gently to just combine, leaving a few dry spots in the mixture. Do not over mix, or muffins may be tough.
7. Place in greased muffin trays & cook until golden brown on top (about 20 minutes).

**TIP:**

\* If preferred, replace butter with margarine or oil.  
 \* Try silicone muffin trays for guaranteed easy-out, and less cleaning up..



**NUTRITION INFORMATION:**

Serving size: 50 grams		
	Average quantity p/serve	Ave. quantity p/100g
Energy	564 kJ	1130 kJ
Protein	4.4 g	8.9 g
Fat, total	26.4 g	52.8 g
- saturated	2.2 g	4.4 g
Carbohydrate, total	14.6 g	29.3 g
- sugars	9.2 g	18.4 g
Sodium	17 mg	35 mg

## Gluten-Free Energy Slice \*\*\*

**Preparation Time: 15 minutes** **Cooking Time: 25 minutes**

**Ingredients (makes approximately 18 pieces)**

125g unsalted butter  
 60g honey  
 1 egg, beaten  
 1 cup Irwin Valley lupin flour  
 1/2 cup oat bran \*\*\*

3/4 cup flaked (or shredded) coconut  
 1 cup sultanas  
 1 cup grated apple (Granny Smith or Pink Lady)  
 2 tsp cinnamon  
 1 cup instant oats \*\*\*

**TIP:**

\* Leave the skin on the grated apple - just scrub well before use.  
 \* For an even chunkier texture, replace instant oats with rolled.  
 \* For a tangy change, ice with lemon icing when cool, and sprinkle with grated lemon rind.

**NUTRITION INFORMATION:**

Serving size: 50 grams		
	Average quantity per serve	Average quantity per 100g
Energy	738 kJ	1480 kJ
Protein	4.6 g	9.3 g
Fat, total	9.7 g	19.4 g
- saturated	6.4 g	12.8 g
Carbohydrate, total	15.4 g	30.8 g
- sugars	11.0 g	22.1 g
Sodium	12 mg	23 mg

**Method**

1. Preheat oven to 180°C (conventional heat) / 170°C (fan forced).
2. Melt butter & honey together over low heat & cool.
3. Add beaten egg.
4. In large mixing bowl, stir together flour, oat bran, cinnamon, instant oats, coconut, sultanas & apple.
5. Add liquid mix & stir to combine.
6. Line a 20 cm square (or 28 x 18cm) tray with baking paper.
7. Spoon mixture in & press into corners.
8. Bake until golden brown on top (approx 30 minutes).
9. Cut into slices in tray while hot.
10. When cool, store in an airtight container.



\*\*\* "The Oats Controversy"

The suitability of oats in the gluten-free diet is still somewhat controversial. Some research suggests that oats in themselves are gluten free, but that they are virtually always contaminated by other grains during distribution or processing. However, recent research indicated that a protein naturally found in oats (avenin) possessed peptide sequences closely resembling wheat gluten and caused mucosal inflammation in significant numbers of celiac disease sufferers. Some examination results show that even oats which are not contaminated with wheat particles, are nonetheless dangerous to about 10 percent of celiacs, while not very harmful to the majority. Such oats are generally considered risky for celiac children to eat, but two studies show that they are completely safe for celiac adults to eat, even over a period of five years. Given this conflicting information, excluding oats appears to be the only risk-free practice for celiac disease sufferers of all ages. However, medically approved guidelines exist for those celiacs who do wish to introduce oats into their diet.

Unless manufactured in a dedicated facility and under gluten-free practices, all cereal grains, including oats, can be cross-contaminated with gluten. Grains become contaminated with gluten by sharing the same farm, truck, mill, or bagging facility as wheat and other gluten-containing grains. Therefore, removing all flours and grains from the diet may be the only way to guarantee a complete absence of gluten in the diet.

(taken from [http://en.wikipedia.org/wiki/Gluten-free\\_diet](http://en.wikipedia.org/wiki/Gluten-free_diet))

## Gluten-Free Pea, Ham & Lamb Soup

A twist on an old favourite makes a delicious winter warmer! The lamb & bacon flavours work wonderfully well together to give a rich, satisfying soup that will be loved by foodies of all ages.

**Preparation Time: 15 minutes**

**Cooking Time: 2 - 2 1/2 hours**

**Ingredients (makes approximately 4.5 litres)**

2 medium (approx. 1 kg) lamb shanks  
 300g bacon bones  
 3 tablespoons olive oil  
 1/2 cup Irwin Valley lupin flour  
 1.5 litres vegetable stock

2 medium (200g) onions, diced  
 2 medium carrots, diced  
 2 cups (400g) yellow split peas  
 2 celery sticks, sliced  
 1 tablespoon fresh chopped mint (or 1 tsp dried)  
 Pepper & salt  
 1.5 litres water

**TIP:**

\* Try using green split peas instead for a change of colour.

\* To save time, use your pressure cooker. If you haven't seen one since your childhood, check out the latest range at your local premium kitchenware outlet. They are very easy and safe to use, and can save significant cooking time on a wide range of dishes.

**Method**

1. Heat oil to medium heat in a large (8-10 litre), heavy-based pan.
2. Brown shanks & onion.
3. Add lupin flour & stir.
4. Add stock & water, bring to the boil.
5. Add remaining ingredients.
6. Simmer on low heat with lid on until shanks are thoroughly cooked & meat easily falls off the bone.



**NUTRITION INFORMATION:**

Serving size: 200 grams		
	Average quantity per serve	Average quantity per 100g
Energy	508 kJ	254 kJ
Protein	12.0 g	6.0 g
Fat, total	6.2 g	3.1 g
- saturated	2.0 g	1.0 g
Carbohydrate, total	3.2 g	1.6 g
- sugars	1.3 g	0.7 g
Sodium	3420 mg	1710 mg