

Savoury Bean Biscuits

Ingredients:

- 2 cups (336g) bean flour
- 3 teaspoon (30g) baking powder
- ½ teaspoon (4.5g) salt
- ½ cup (100g) margarine
- ¾ cup (188ml) milk
- ½ teaspoon (2.5ml) vanilla essence

Method:

1. Preheat oven to 230 °C
2. Grease baking sheet
3. Mix dry ingredients together in bowl
4. Rub in margarine into dry ingredients until the mixture resembles breadcrumbs
5. Make a hole in the center, gradually add milk and vanilla essence to the mixture to make a firm dough
6. Shape dough into small round balls and place the balls onto the baking sheet
7. Carefully press the balls down using a fork into a biscuit shape
8. Bake for 10-15 minutes or until golden brown and serve warm or cold

Preparation time: 30 minutes .

Recipe yield: 30 biscuits

Serving size: 2 biscuits

Number of servings: 15



Store in an airtight container and consume within a month.

Bean Pumpkin Puree

Ingredients:

- 2 cups (400g) dry beans
- 8 cups (2L) water
- 1 cups (240g) cooked butternut pumpkin (or any other)

Mashed Pumpkin for Enrichment

- 1 medium pumpkin
- Water for cooking pumpkin
- Boil pumpkin until soft and mash to a smooth texture

Method:

1. Boil 2 cups of dry beans till soft
2. Pass cooked beans through a sieve using a wooden spoon and collect puree in a bowl and put aside
3. Add 1 cup mashed pumpkin to 2 cups of bean puree and mix thoroughly to form a smooth consistency
4. Serve warm

Preparation time: 2hrs 30min

Recipe yield: 760g

Serving size: 1/2 cup (152g)

Number of servings: 5

Store covered in a cool place and consume within 6 hours



Bean Pumpkin Porridge

Ingredients:

- ½ cup (84g) bean flour
- 3 cups (750ml) cold water
- 1 teaspoon (5ml) cooking oil
- ½ cup (120g) mashed butternut pumpkin (or any other)

Store covered in a cool place and consume within 12 hours

Mashed Pumpkin for Enrichment

- 1 medium pumpkin
- Water for cooking pumpkin
- Boil pumpkin until soft and mash to a smooth texture

Method:

1. Add ½ cup (125ml) water to bean flour bit by bit to form a paste
2. Add the remaining water into the paste; stir until you have a uniform watery mixture
3. Pour the watery mixture in a saucepan and add cooking oil
4. Boil at moderate heat and stir constantly
5. Simmer gently, stirring constantly for 30 minutes until thick paste is formed
6. Add and stir in mashed pumpkin and simmer for another 5 minutes
7. Serve warm

Preparation time: 45 minutes

Recipe yield: 440g/ 1½ cup

Serving size: 73g/¼ cup

Number of servings: 6



Plain Bean Puree

Ingredients:

- 2 cups (400g) dry beans
- 8 cups (2l) water

Method:

1. Boil 2 cups of dry beans till soft
2. Pass cooked beans through a sieve using a wooden spoon and collect puree in a bowl and put aside
3. Serve warm

Preparation time: 2 hours

Recipe yield: 833g

Serving size: 119g / 2 cup (125g)

Number of servings: 7

Store covered in a cool place and consume within 6 hours



Puree

