

# Nutrition Bites



## A Good Combo: Legumes Offer Protein and Fiber

Legumes offer higher protein content than other plant foods, which, combined with whole grains, provides complete protein. They also offer high amounts of fiber, both soluble and insoluble (each offers different benefits to the GI tract, immune system and blood sugar regulation); complex carbohydrates that digest slowly, and healthy fats, including ALA, the body's omega-3 fatty acid. Some key minerals in legumes include iron, zinc, selenium, phosphorous and potassium. They are particularly abundant in B vitamins and bioactive nutrients which can protect against high cholesterol, cancer and type 2 diabetes.

### TIPS

**Soak your beans.** Soaking beans can get rid of a good portion of the indigestible oligosaccharides. Soak beans for 12 to 24 hours in a few quarts of water, pour off the soaking water, rinse, add clean water, and cook.

**Choose wisely.** Some beans seem to create less gas than others. These include adzuki and mung beans, lentils, and black-eyed, pigeon, and split peas. Gas formers include lima, pinto, navy, and whole soy beans.

**Start slow.** Let your body get used to fiber and oligosaccharides by having a small serving 1 to 2 times/week. Then gradually increase your intake.



## Featured Legume: Garbanzo Beans (Chickpeas)

- ✓ Great fiber source: 1 cup has 50% of our daily fiber needs (12.5 grams)!
- ✓ Cardiovascular support
- ✓ High in antioxidants: manganese, vitamin C, vitamin E, beta-carotene, phytonutrients

Sources:

British Journal of Nutrition (2012), 108, S1-S2

World's Healthiest Foods <<http://www.whfoods.com/>>

Participants in a recent study reported more satisfaction with their diet when garbanzo beans were included, and they consumed fewer processed food snacks during test weeks in the study when garbanzo beans were consumed.

## This Week's Recipe

### Flourless Chocolate Cake

Soak time: 12 to 24 hours | Preparation time: 10 mins | Baking Time: 30 mins

1 1/2 cups chickpeas, soaked (see tip above), rinsed, and cooked (or 1 15-oz can chickpeas, drained and rinsed)

1/2 tsp baking soda

1 1/2 cup dark chocolate chips (at least 70% cacao)

3/4 cup turbinado sugar, coconut palm sugar, or date sugar

3 eggs, beaten

Makes 8 servings | Source: Ceres' Nourishing Connections Cookbook

**1** Preheat the oven to 350°F.

**2** In a food processor or blender fitted with the "S" blade, mash the chickpeas.

**3** Add the sweetener, baking soda and chocolate and quickly blend them into the chickpea mash.

**4** Add the beaten eggs and pulse until they are integrated into the batter. It will look like cake batter.

**5** Pour the batter into an ungreased 8 x 8 square pan. If you like you can grate some chocolate on the top.

**6** Bake the cake for 25 to 30 minutes. The cake will be springy and yet firm in the center, just like a cake with flour! Let it cool before digging in...