

# MISSION: IMPULSEIBLE

## STUDENT FOOD DEVELOPMENT COMPETITION - 2011

### Supporting Innovation

Each year, students from universities, colleges and culinary schools from across Canada are invited to join Mission: ImpULSEible, an event hosted by Canada's pulse industry. Their mission: to develop innovative food products containing whole pulses or pulse ingredients. The students present their products at provincial competitions where judges evaluate them based on sensory and health attributes, the innovative use of pulses, feasibility and marketability. Provincial winners then compete at the national competition held during the annual Canadian Special Crops Association convention. The following products were developed as part of the 2011 competition.

Please contact Pulse Canada for more information about the use of pulse ingredients in food applications.

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Photo courtesy of NAIT

#### Chickitos 2011 Provincial & National Winner

Chickitos are crispy chips made with **chickpea flour** and provide nutrients such as fibre, protein and minerals. The taste is enhanced by using a unique blend of chilies and spices. Chickitos are a gluten-free, healthy alternative to traditional potato chips.

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#### Benny Bar Provincial Winner

Benny Bar, the beneficial pulse bar, is formulated with **lentil flakes**, granola and a syrup mixture. **Chickpea butter** is added to mimic a peanut butter flavour without the allergenic risk. For visual appeal, multi-coloured chocolate covered roasted chickpeas are placed on top of the bar.

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#### Dip n' Go 2011 Provincial Winner

Dip n' Go is the perfect handy snack for adults comprised of bean crisps and dip. The crisps are made with **chickpea flour, kidney and romano beans**, and are perfectly shaped for dipping in a scrumptious dip made of **beans, lentils or peas**.

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#### Zuki Bar

Zuki Bar is a novel, healthy, all-natural pulse snack bar made from whole small **red bean flour** and **yellow pea hull**, and covered with a thin layer of delicious dark chocolate.

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#### Pulsations

Pulsations are a nut-free, high fibre and protein snack and are available in two formats: fresh-frozen with a coconut coating and dried, ready-to-eat. The main ingredients in this product are **black beans**, dates, coconut, dried cranberries and oats.

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Photo courtesy of NAIT

#### Pulse Medley Gnocchi

The Pulse Medley Gnocchi is a variation to the traditional Italian potato gnocchi. This gluten-, egg-, dairy- and wheat-free formula is made with a robust blend of **pinto beans, dark red kidney beans, chickpeas and pea flour**. This gnocchi is an excellent source of fibre, low in saturates, trans fats and salt.

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Photo courtesy of NAIT

### Pulse Noodles

Made with a blend of wheat and pulse flour, including **chickpea, lentil and split pea flours**, these sheeted noodles have a neutral flavour and can be accompanied with seasoned soups or sauces. The complementary effect of blending plant-based proteins from wheat and pulse flours provides a product with a more balanced amino acid profile leading to higher protein quality.

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Photo courtesy of NAIT

### Pulse Power Bar

This Pulse Power Bar is made with a blend of **chickpea** and pumpkin flour mixed with bananas, hemp seed and egg. This power bar is packed with nutrients and can keep you full for longer.

**NAIT**



Photo courtesy of NAIT

### Chickpea Perogies

This product is a variation of the traditional perogy. By replacing the potato with **chickpeas** in the filling, a healthier alternative with a bold new flavour combination is created. The dough can be made with whole wheat flour, or completely replaced with **chickpea flour**, thus allowing the latter to have gluten-free status in addition to high fibre and iron.

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### Yo Pop

Yo Pop is made with a smooth tasting vanilla yogurt blended with a bold grape-flavoured juice and fortified with **chickpea flour**.

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Photo courtesy of NAIT

### Cheaky Cookies

These cookies contain roasted and ground **Kabuli chickpeas** offering consumers a tasty and healthy treat that is gluten-free, full of fibre and is a healthier alternative to high fat and sugar cookies.

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### Dreamy Strawberry Mousse

This product is a strawberry flavoured mousse that is fluffy and spongy in texture with chunky strawberries suspended in the mixture. This mousse contains **pea starch and pea fibre**, making this product a good source of fibre.

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