



Grains &
Legumes
Nutrition
Council



Love Lupins

GRAINS & LEGUMES
NUTRITION COUNCIL

**Lupins are
high in
dietary
fibre and
plant
protein!**



Just two tablespoons provides...

8g

dietary
fibre

12g

plant
protein

Various

essential
nutrients

*Scan to find out more
& find your local
lupin stockist...*





Banana Smoothie

Serves
1

INGREDIENTS

1 frozen banana

1 tbsp chia seeds

½ cup Greek yoghurt

2 tbsp lupin flakes

½ tbsp honey or maple syrup, optional

Sprinkle of cinnamon

200ml milk

METHOD

Add all ingredients to blender and blitz until combined.



Apricot Lupin Muesli

**Makes 12
servings**

INGREDIENTS

- 2 cups rolled oats
- 1/3 cup hemp seeds
- 1/3 cup chia seeds
- 1/3 cup chopped almonds
- 1/2 cup dried apricots, chopped
- 1 cup shredded coconut
- 1 cup lupin cereal

METHOD

Mix all ingredients and use on top of yoghurt
or with fruit and milk for breakfast.



Chocolately Morning Oats

Serves
1

INGREDIENTS

½ cup rolled oats

½ cup milk

1 tbsp cacao powder

1 tbsp hemp seeds

1 tbsp LSA

1 tbsp chopped almonds

2 tbsp Coastal Crunch lupin granola

Fresh fruit

METHOD

Cook oats, milk and cacao powder on a stovetop for 5 minutes

Top with hemp seeds, LSA, almonds, granola and fruit.



Green Smoothie

Serves
1

INGREDIENTS

- Half a cup of pineapple
- 2 large handfuls of spinach
- 1 large handful of ice
- 1 tbsp lemon juice
- 2 tbsp of rolled oats
- 2 tbsp of lupin flakes
- 1 small (1cm thick) piece of fresh ginger
- 200ml milk of choice

METHOD

Add all ingredients to blender and blitz until combined.



Cauliflower & Lupin Rice Salad

INGREDIENTS

Serves
6

- 1 large chicken breast
- 2 tsp cumin
- 1 tsp paprika
- ½ tsp ground coriander
- 2 cloves garlic, crushed
- ¼ cup Greek yoghurt
- 1 cauliflower
- 1 red onion
- 1 packet Lupin Co. spiced rice
- 1 bag mixed slaw
- 200g roast capsicum
- 50g crumbled feta

DRESSING

3 tbsp tahini

Juice of a lime or lemon

2 cloves of garlic, crushed

A few shakes of cayenne pepper, optional

METHOD

Preheat the oven to 180C

Cut chicken into strips and combine with cumin, paprika, coriander, garlic and yoghurt

Cut cauliflower into florets and slice onion. Spread onto baking paper and add a drizzle of olive oil

Bake for 30 minutes or until cooked through, turning occasionally

Meanwhile, make the dressing by mixing the tahini, citrus juice, garlic, 4 tbsp water and cayenne pepper (if using)

Add more water if needed to thin the dressing

Cook the rice according to packet instructions

Combine slaw mix, cauliflower and onion, capsicum and rice and mix together. Place on a serving plate

Cook the chicken and serve on top of salad, crumbling feta on top.

You can also use a cup of brown rice and 2 tbsp lupin flakes – cook the rice as per instructions and add the lupin flakes 5 minutes before the end.



Tempeh Poke Bowl

INGREDIENTS

Serves
2

1 packet Lupin Co. turmeric rice

1 tbsp olive oil

1 packet tempeh, diced

A handful of button mushrooms

2 zucchini, chopped

½ red onion, diced

½ cup grape tomatoes, diced

Fresh coriander

2 cups veggie slaw

1 red capsicum, cut into strips

METHOD

Cook rice according to packet instructions

On a medium to high heat, heat olive oil and then add tempeh, mushrooms and zucchini with half of the red onion until browned

Mix together the tomatoes, the rest of the red onion, and coriander

In a bowl, divide the rice, slaw, tempeh mixture, capsicum and salsa.

You can also use a cup of brown rice and 2 tbsp lupin flakes – cook the rice as per instructions and add the lupin flakes 5 minutes before the end.





Sweet Potato & Ginger Soup

Serves
6

INGREDIENTS

1 tbsp extra virgin olive oil

3 cloves of garlic, crushed

1 brown onion, diced

2 tsp ground coriander

1 tsp ground nutmeg

1 tsp turmeric

50g lupin flakes

4 cups salt reduced chicken stock

2 medium sweet potatoes, peeled and roughly chopped

2 carrots, roughly chopped

2cm piece fresh ginger, skin removed

6 tbsp Greek yoghurt, to serve

6 slices whole grain bread, to serve

METHOD

Heat oil in a medium to large pot and add garlic and onion, frying until softened

Add ground coriander, nutmeg, turmeric and lupin flakes, stirring continuously for about a minute

Pour in the stock, then add the sweet potato, carrot and ginger then bring to the boil

Cover with a lid and cook for about 20 minutes or until vegetables are soft

Allow to cool then either blend with a stick blender or in a regular blender in batches

When ready to serve, heat the soup and distribute into bowls. Serve with a dollop of Greek yoghurt, black pepper and toast.





Chicken & Spinach Gozlemes

Serves
6

INGREDIENTS - FILLING

1 tbsp extra virgin olive oil

6 garlic cloves, minced

2 small onions, chopped

500g chicken mince (could also use beef or pork)

1 tbsp ground cumin

1 tbsp ground coriander

1 ½ tsp paprika

1 tsp cayenne pepper, optional

2 medium sized tomatoes, roughly chopped

1 large bag spinach

1 block feta cheese

1 lemon, cut into wedges

DOUGH

75g lupin flakes

300g plain yoghurt

$\frac{1}{4}$ tsp salt

150g wholemeal self-raising flour

150g self-raising flour

METHOD

Heat the olive oil and quickly fry off garlic in a hot saucepan until softened. Add onions

Add the mince and brown, breaking apart as it cooks.

Once browned, add cumin, coriander, paprika and cayenne (if using). Add the tomato and cook further until softened

Add half the spinach to the mixture until wilted, then turn off the heat and set mixture aside to cool

While mixture is cooling, make the dough. First, mix the lupin flakes, yoghurt and salt until well-combined

Slowly add the flours and mix with a butter knife until a dough is formed

Tip onto a lightly floured surface and knead for a few minutes, form a ball and place in a bowl before covering and setting aside for 30 minutes (dough will expand so leave enough room)

When ready to make gozlemes, cut the dough into 5 equal portions. Take one portion of the dough and use a rolling pin on a floured surface to roll out into a square or rectangle shape. Spoon mixture onto half of the surface (leaving room on the edges), top with half a handful of spinach and a crumbling of feta. Fold the empty half over the filled half and press edges together. If it doesn't stick, pat water on the edge of the dough to aid sticking.

When ready to cook, heat a flat sandwich press or frying pan and spray oil on the bottom of the press or pan. Place gozlemes in one at a time and spray the top, gently closing the lid. If using a pan, flip the gozlemes once crisp and golden on one side. Cook until dough is crisp and golden brown. Serve with lemon wedges and a side salad.

This was made with 500g chicken mince but could be made with half mince and half mushroom/potato/eggplant, etc. or fully vegetarian.



Lupin Hummus

INGREDIENTS

120g lupin flakes

Juice of half one lemon

2 heaped tsp dried cumin

6 tbsp extra virgin olive oil

4 garlic cloves

2 tbsp dehulled tahini, optional)

Salt, to taste

METHOD

Add lupin flakes to a small pot of hot water and bring to the boil, cooking for about 3 minutes

Once cooked, drain and set aside

Place lupin flakes, lemon juice, cumin, extra virgin olive oil, garlic and tahini (if using) in a food processor and blend until well-combined

Add a splash of water if too thick and salt to taste.

Serves
6



Spinach & Artichoke Dip

INGREDIENTS

~5 cups fresh spinach, wilted (or about 1.5 frozen)

2 tbsp lupin flakes

¼ tsp onion powder

¼ tsp garlic powder

Black pepper

¼ cup Greek yoghurt

200g artichokes, drained and chopped

½ cup cottage cheese

½ cup mozzarella cheese

Sprinkle of parmesan

1 packet wholemeal pita bread

1 tsp olive oil

2 cloves of garlic, crushed

Serves
8

METHOD

Preheat oven to 180C

Wilt spinach if using fresh

Place all ingredients in a bowl and mix well

Transfer to a small oven proof dish and cook for
about 25 minutes

Cut pita breads into triangles. Mix olive oil and crushed
garlic and brush on the pita. Place in the oven for the
last 5-10 minutes of the dip cooking time and serve on
the side, along with sliced veggies.





Baked Berry Oat Slice

Serves
8

INGREDIENTS

2 ripe bananas

1 egg

2.5 cups rolled oats

Quarter of a cup of lupin flakes

1 tsp cinnamon

1 tsp nutmeg

1 tsp baking powder

Pinch of salt

1.5 cups milk of choice

Quarter of a cup of maple syrup

2 cups fresh berries

METHOD

Preheat oven to 180 degrees

Mash bananas and mix with egg

Mix together dry ingredients in a bowl

Combine dry ingredients with milk, banana mixture
maple syrup and berries and mix well

Pour into a baking pan and bake for about 40 minutes

Can be stored for up to 5 days in an airtight container





Apple & Nectarine Crumble

INGREDIENTS

Serves

4

1 apple, chopped finely

2 nectarines, chopped into chunks

½ tbsp lemon juice

1 tbsp honey

½ cup oats

2 tbsp lupin flakes

1 tsp ground cinnamon

½ tsp ground nutmeg

25g unsalted butter or butter alternative

Greek yoghurt or ice cream, to serve

METHOD

Preheat oven to 180C

Grease a baking pan and place apple and nectarine in the bottom of the tray. Add lemon juice and honey

In a bowl, make the crumble by mixing oats, lupin flakes, cinnamon and nutmeg. Rub the butter into the dry mixture to make the crumble

Top the fruit with the crumble and cook for 25-30 minutes

Top with Greek yoghurt or ice cream.





Lupin Granola Yoghurt Bowl

Serves
1

INGREDIENTS

- 200g plain yoghurt of choice
- 2 tbsp Coastal Crunch Protein Crunch Granola
- 3 strawberries, chopped
- $\frac{1}{4}$ of a mango, chopped

METHOD

Place all ingredients in a small bowl and enjoy.

*Scan to find your local
lupin stockist!*



The Grains & Legumes Nutrition Council (GLNC) is a not-for-profit charity, promoting the health and nutrition benefits of grains and legumes. This cookbook is the result of a collaboration between GLNC and the National Lupins for Food Education Campaign, which is funded by the Department of Primary Industries and Regional Development and the Grain Industry Association of Western Australia. The collaboration aims to encourage more people to consider lupins as a food product, facilitating business growth, value-adding and increased employment in Western Australia.