



Love Lupins

9-22 August

GRAINS & LEGUMES
NUTRITION COUNCIL

Social Media Toolkit

Join us for our Love Lupins campaign...



Join us this August as we celebrate the little-known lupin! For many people, lupins don't feature in their diet, so with our Love Lupins campaign we're aiming to change this – spreading awareness on the big health benefits and versatility of this little legume. We're excited to share delicious new recipes, an e-book, videos and top tips showing you just how easy it is to enjoy lupins in your day. We'd love you to get involved and spread the word over social media - [simply click here to access all images via Dropbox](#) and feel free to repost any of the below content on Instagram, Facebook and Twitter. Tag us [@grainslegumesnc](#) and use our hashtags [#lovelupins](#) [#livelongerwithlegumes](#) to share the lupin love.



Support Love Lupins and post...



Australian Sweet Lupins

are round with yellow, speckled pigment



Albus Lupins

are white with a flattened, oval shape



Have you heard of lupins?

Lupins are a type of legume and pack a hefty nutrition punch for such a small bean! In Australia there are two types of lupin - the Australian Sweet Lupin which is round with a speckled pigment and the Albus Lupin which is white, with a flattened oval shape. Both these varieties are used in food and can be found as flakes, flour, kibble and semolina, as well as in cereals, breads, snacks and baking mixes. Find out more about lupins on our website...

<https://www.glnc.org.au/legumes-2/types-of-legumes/lupins/>

#lovelupins #livelongerwithlegumes

AVAILABLE FOR...

Instagram, Facebook, Twitter, LinkedIn

Support Love Lupins and post...



2 tablespoons provides...

- 12 grams plant protein
- 8 grams dietary fibre
- essential nutrients including folate, thiamine, magnesium and iron

Download our video version of this post via Dropbox!

Lupins pack a hefty nutritional punch! They are one of the richest sources of plant protein with a huge 12g in just two tablespoons of lupin flakes or flour. Lupins are also high in dietary fibre and provide a whole host of other essential nutrients to support our health, like...

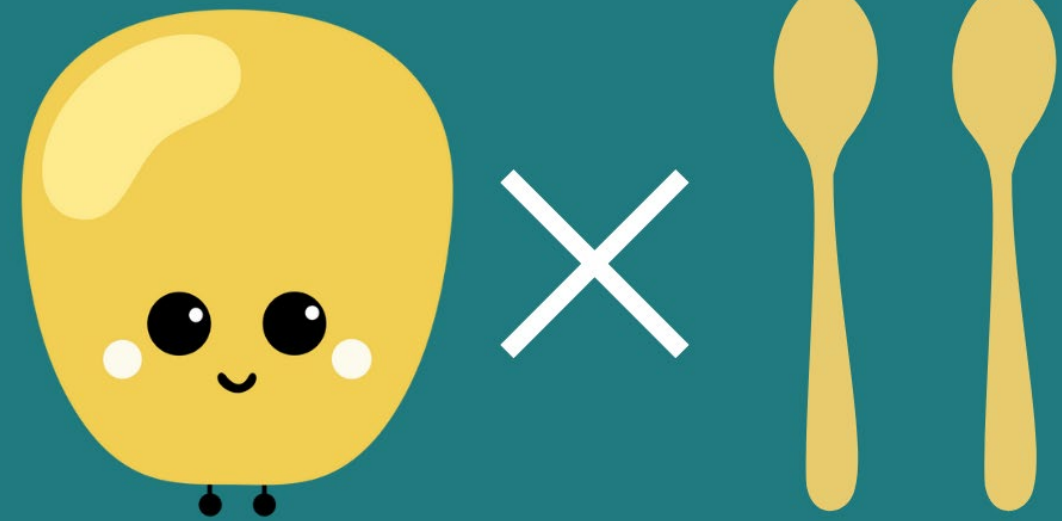
- Folate
- Thiamin
- Magnesium
- And iron

Have you given them a go yet? Download a copy of our new Love Lupins e-book and add two tablespoons to your recipes today...

https://www.glnc.org.au/wp-content/uploads/2021/07/GLNC-Love-Lupins-E-Book_Website.pdf

#lovelupins #livelongerwithlegumes

Support Love Lupins and post...



*Just 2 tablespoons a
day!*

AVAILABLE FOR...

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Will you join us for our #lovelupinschallenge? We're celebrating the benefits lupins provide by adding just two tablespoons to our day for the next two weeks! You can add lupins to almost every recipe, think Salted Caramel Bites, Hummus, Green Smoothies, Nourish Bowls and Spinach Gozlemes - download our e-book for a whole host of ways to add lupins to your day...

https://www.glnc.org.au/wp-content/uploads/2021/07/GLNC-Love-Lupins-E-Book_Website.pdf

#lovelupins #livelongerwithlegumes

Support Love Lupins and post...



[Download all images and key messages for](#)

[Our Love Lupins campaign via Dropbox here.](#)



Any questions please email Alex

