LUPIN INCORPORATED NOVEL HEALTHY FOODS AS A SOLUTION TO OBESITY AND MALNUTRITION





Prof Vijay Jayasena and Dr Syed Abbas

Food Science & Technology, School of Public Health,
Curtin University of Technology
Centre for Food and Genomic Medicine, Perth, Australia

International Congress on Food Technology

Antalya, Turkey, Nov, 03 - 06, 2010

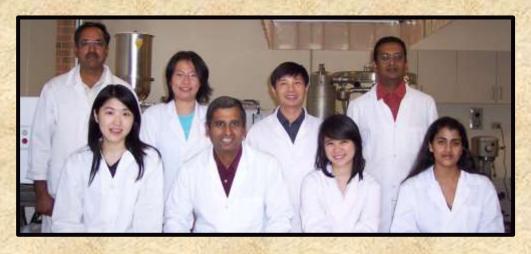




Lupin Research at Curtin

A large team with expertise in





- Food Science & Technology
- Nutrition
- Dietetics
- Food Safety
- Food Micro-biology
- Food Chemistry
- Public Health
- Etc



World Health Challenges

Developed Countries

 Problems due to the (over) consumption of unhealthy (junk) foods

 Obesity, diabetics, cardiovascular diseases

Developing countries

 Problems due to limited availability of foods

 Hunger, malnutrition, starvation





World Health Challenges

Developed Countries

- More than half of the population is overweight (around 60% of Australians are overweight)
- Around 20% children are overweight
- Increased risk of cardiovascular diseases, type 2 diabetes, etc
- Low dietary fibre intake
- High sugar/carbohydrate & fat intake
- Excess food (energy) consumption



In Developing Countries

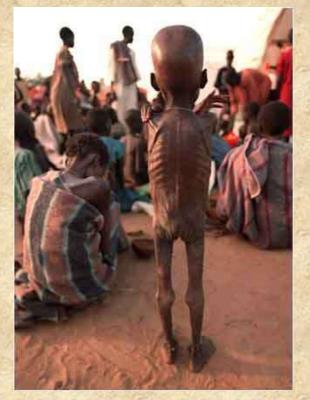
- Malnutrition (mainly protein) especially among children and women
- Hunger and starvation not uncommon
- Limited availability of food
- High cost
- Most population depends on cereals

According to the FAO, around 1 billion hungry people in the world in 2009

World Health Challenges





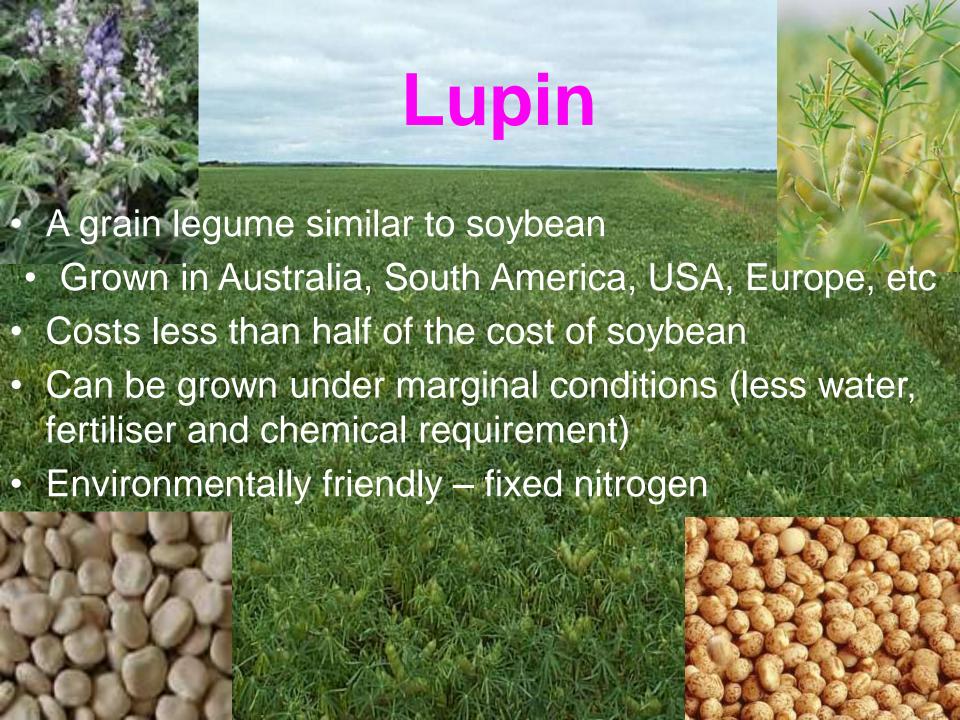


An Ideal Food Ingredient for the World

- High fibre
- Low fat
- High protein
- Low starch
- Low Glycemic Index (GI)
- Contain bioactive compounds (weight control, reduce cholesterol level, etc.)
- Low cost



Lupin meet all the above





Soybean

Lupin

Dehulled Iupin

Lupin and Soybean – Flour Composition

Contents (%)	Lupin	Soybean
Protein	40	50
Fat	6	20
Minerals	3	5
Dietary fibre	30	5

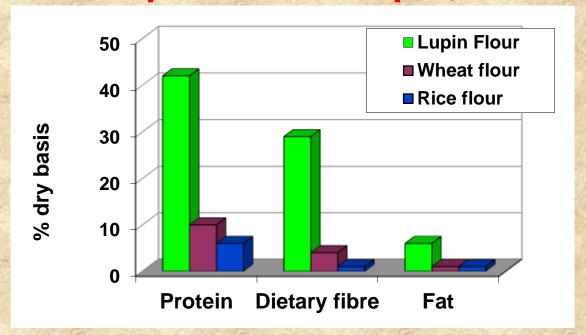
Composition of Lupin, Wheat and Rice Flours

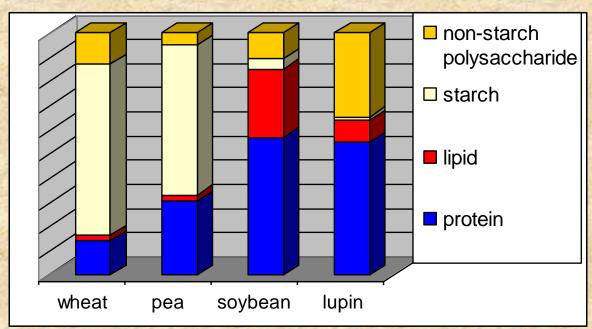
Contents	Lupin	Wheat	Rice
(g/100g	flour	flour	flour
Energy (kJ)	1074	1483	1527
Protein	40	10	6
Fat	6	1	1
Dietary Fibre	28	4	1
Starch	<1	72	80

Composition of Lupin, Wheat and Rice Flours

Contents	Lupin	Wheat	Rice
(mg/100g)	flour	flour	flour
Ca	86	21	7
K	970	162	148
Mg	172	34	52
P	310	130	211
Fe	4.1	2.1	0.2
Zn	2.1	0.5	1.1

Composition of Lupin, Wheat and Rice Flours





Lupin Foods- Health Benefits

- Reduces obesity
- Lowers cholesterol
- Reduces risk of cardiovascular diseases
- Improves bowel health
- Reduces risk of colon cancer
- Acts as a pre-biotic

"Let thy food be the medicine and thy medicine be thy food" - Hippocrates

High Satiety

Higher satiety foods help reduce obesity by reducing energy intake

Archer et al., 2004 – clinical trial

Lupin kernel fibre patty more satiating (4.5 h) than the full-fat sausage patty and resulted lower energy intake

Lee et al., 2006 – clinical trial

The lupin bread resulted in significantly higher self-reported satiety and lower energy intake

Cholesterol Lowering Effect

Arnoldi, 2008 – clinical trials

Lupin Proteins fed rats - significantly lower both plasma cholesterol and triglycerides

Hall et al., 2005 - clinical trials

Lupin fibre diet reduced total cholesterol (4.5%), low-density lipoprotein cholesterol (5.4%)

Sirtori et al., 2004 - animal trials

In rats - Iupin protein extract reduced plasma total and VLDL+LDL cholesterol concentrations by 21 and 30%, respectively

Low Glycemic Index (GI)

Hall et al., 2005 - clinical trials

Lupin flour addition to bread reduced the glycaemic index

- Lupin bread = 74
- Standard white bread = 100

Johnson et al. 2003 - clinical trials

A reduction of 18.8% was seen in IAUC (Incremental areas under curves) for insulin of lupin fibre containing bread compared with the control

Reducing Cardiovascular Disease Risk Factors

Sirtori et al (2004) - animal trial

In high cholesterol rats daily intake of 50 mg (for 2 weeks) of total lupin protein extract reduced plasma total and VLDL+LDL cholesterol concentrations by 21 and 30%, respectively

Martins et al (2005) - animal trial

L. angustifolius seeds reduced LDL-cholesterol in pigs fed a high cholesterol diet

Marchesi et al (2008) - animal trial

High cholesterol rabbits fed lupin protein supplemented diet for 3 months showed beneficial changes to cholesterol levels and development of thickening of the arteries that those fed milk protein

Bettzieche et al (2008) – animal trial

L. angustifolius protein reduced cholesterol levels in high cholesterol rats, presumably through down regulation of genes involved in lipid synthesisis; however the effect was dependant on lupin variety

Pre-biotic Effect

Lupin is a rich source of raffinose family oligosaccharides (12 % on dry weight basis) which have proven pre-biotic effects

Martinez-Villaluenga et al., 2008

The numbers of faecal bifidobacteria in rats increased after oral administration of raffinose family oligosaccharides (RFOS) from lupin

We have Developed a Range of Lupin Based Healthy Foods

Lupin Based Snacks

Lupin Flour ~ 30%







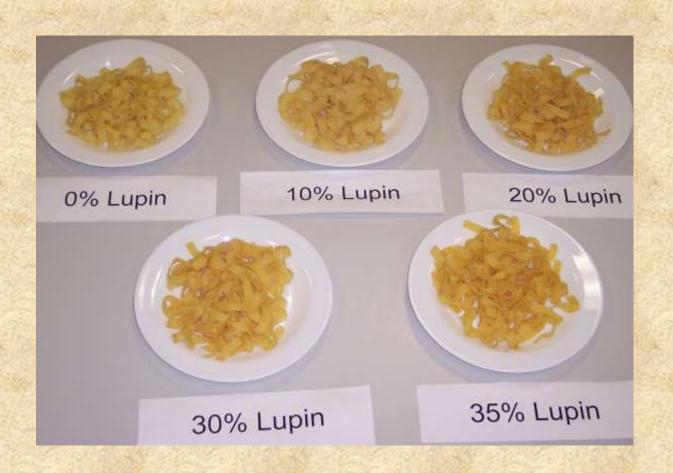


Lupin Based Snacks

Lupin flour ~70%



Lupin Based Pasta



Lupin Muffins



Lupin Noodles



Lupin Noodles (cooked)





Lupin Biscuits

20% lupin flour





Lupin Chips (Crisps)

70% lupin flour





100 g = 70% of the daily dietary fibre requirement

Lupin Based Yoghurt



Lupin Burger

50% lupin flour



Lupin Chapatti



Innovation Display – Curtin Open Day





"Healthy Junk Foods"



Innovation Display – Curtin Open Day









Innovation Display – Curtin Open Day





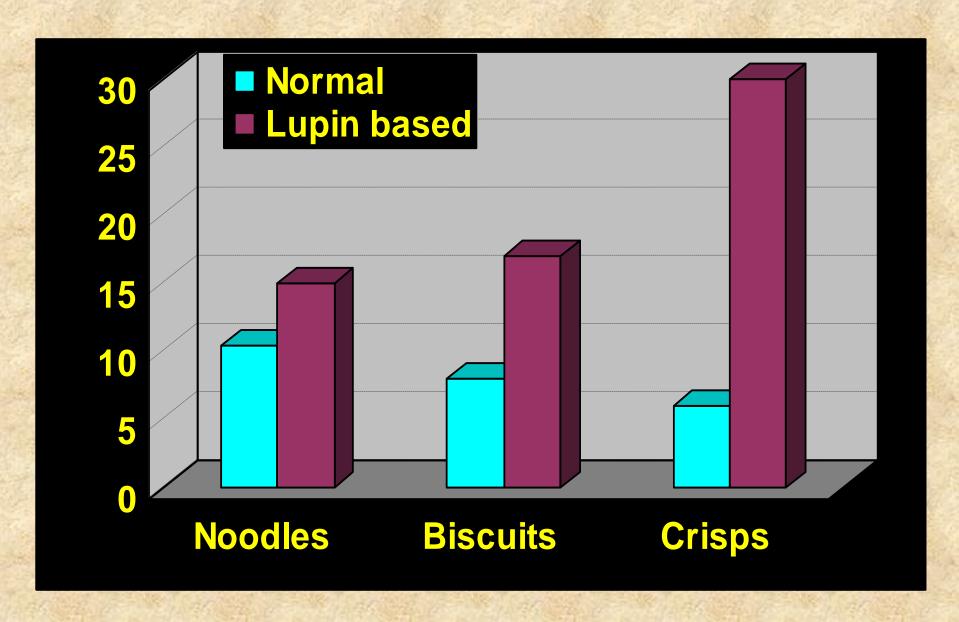




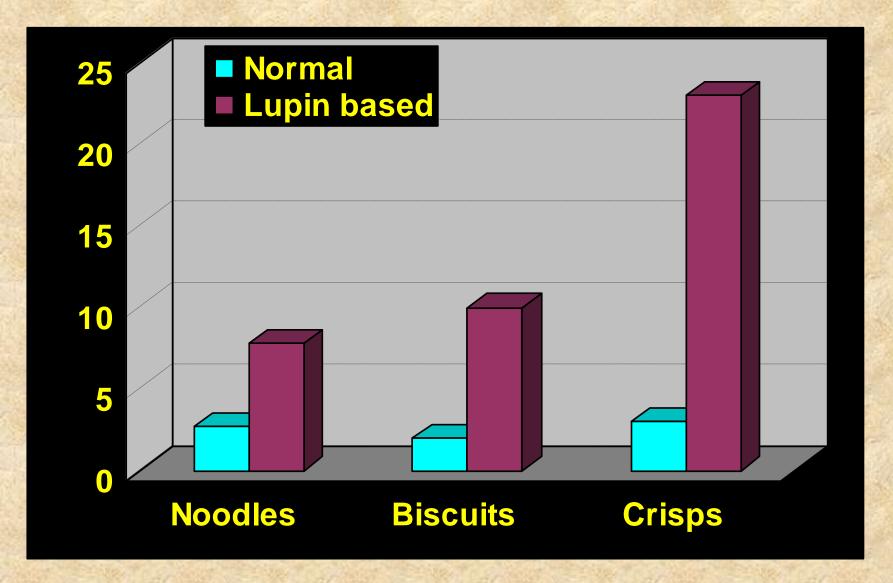
Lupin Chips



Protein (g/100g)



Dietary Fibre (g/100)



Lupin Tempe - Indonesia

- Funded by the Grain Foods CRC (GRDC)
- International patent has been granted
- Commercialisation is in progress





Lupin Tempe - Indonesia

- Joint project with the Indonesian Institute of Sciences (LIPI)
- Officially launched by the Minister for Agriculture and Food, Hon Terry Redman in Jakarta in April 2010





Major Lupin Producing Countries in the World

Country	Production (MT)
Australia	707,900
Poland	39,600
Chile	31,600
Russian Federation	21,800
Morocco	14,000
South Africa	13,300
Peru	8,400
Italy	4,500
Spain	4,300
Egypt	2,300
Ecuador	1,500
Lebanon	1,000

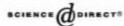
Lupin Consumption in Europe

- Around 15,000 tons/year lupin-based ingredients are sold in Europe for human food
- Around 500,000 tonnes/year foods containing lupin is consumed in Europe
 - Bread
 - Cookies
 - Snacks
 - Pasta
 - Beverages
 - Etc

http://www.foodnavigator.com/Science-Nutrition/Lupin-sector-defends-safety-of-its-ingredient



Available online at www.sciencedirect.com



Food Chemistry 89 (2005) 341-345



www.elsevier.com/locate/foodchem

Some chemical properties of white lupin seeds (Lupinus albus L.)

M. Erbaş *, M. Certel, M.K. Uslu

Department of Food Engineering, Faculty of Agriculture, Akdeniz University, 07059 Annalya, Turkey Received 3 October 2003; received in revised form 25 February 2004; accepted 25 February 2004

Abstract

Lupin seeds (Lupinus albus L.), grown in Turkey, were investigated. Denseeds were 1:16 g/cm³, 411.4 g, and 68.12 kg/100 l, respectively. The results s (32.2%), fibre (16.2%), oil (5.95%), and sugar (5.82%). Oil of seeds was compo 31.1% polyunsaturated fatty acids. Sucrose constituted 71% of total sugar o thiamin, 2.3 mg/kg of riboflavin and 39 mg/kg of niacin. It can be concluded nutritional value.

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Keywords: White lupin; Lapinus albus L.; Chemical composition





Food Chemistry 102 (2007) 45-49



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Fat and fatty acids of white lupin (*Lupinus albus* L.) in comparison to sesame (*Sesamum indicum* L.)

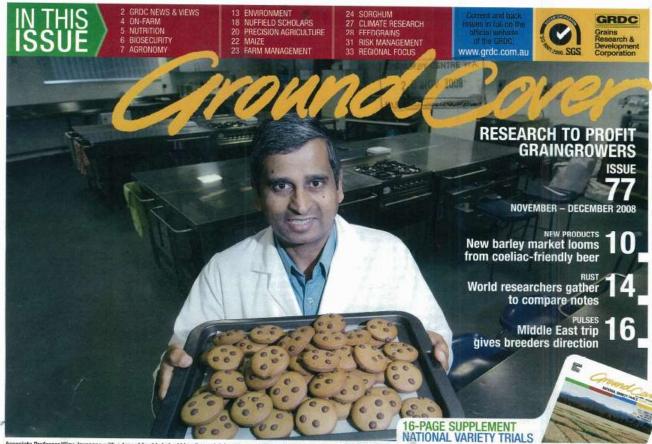
B. Uzun a, C. Arslan a, M. Karhan b, C. Toker a,*

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b Department of Field Engineering, Faculty of Agriculture, Akdonic University, TR-07059 Antalys, Turkey

Received 7 March 2005; received in revised form 23 March 2006; accepted 23 March 2006

Abstract

The study was undertaken to compare fat and fatty acid profiles in white lupin (Lapinus albus usp. albus) and sesame (Seamum audiciant L.), representing two different families. Fabaceae and Profaliaceae. Fat levels were 10.74% and 55.44% in seeds of white lupin and sesame, respectively. The results indicated that oleic, linolenic and arachidic acids in seed fat were higher in white lupin than in sesame cultivars. Oleic acid was the predominant fatty acid in white lupin, whereas linoleic acid was predominant in sesame. Fat context a line statistically significantly correlated with linoleic, linolenic and arachidic acids at the genotypic level. The fatty acid composition of white lupin is useful for human consumption. Although oil content of white lupin was lower than that of sesame, white sweet lupin could be



Associate Professor Vijay Jayasena with a tray of freshly baked biscuits containing 20 per cent lupin flour.

Could lupins be the new global 'super food'?

WESTERN REGION



Lupins may finally be moving out from the shadow of more mainstream, and profitable, cereal crops as food technologists start serving up the first commercial lupin-based foods.

A range of lupin-based biscuits, pasta and 'crisps' has been developed and is in the process of being commercialised. Because of their high nutritional value the products are destined not only for the snackfood shelves, but also the higher-value health foods market.

Researchers at the School of Public Health

at Curtin University of Technology have developed the range of lupin-based foods to suit western and Asian tastes. The research has been funded through the Centre for Food and Genomic Medicine and the Grain Foods CRC (which is partly funded by the GRDC).

Project leader Associate Professor Vijay Jayasena says lupin-based foods have the potential to become 'super foods'. "They are high protein, high fibre, low fat, low GI and low carbohydrate foods that contain bioactive compounds, taste good and are low cost."

So far the Perth-based team, working with food manufacturers, has developed lupin-based tempeh (a popular fermented soybean product in South Asian countries). pasta, instant noodles, biscuits and crisps.

To make the products appealing they have been given the guise of snack and convenience foods. The crisps, for example, have been an instant hit among test markets - crunchy, morish ... but with five times more protein and 10 times more dietary fibre than potato chips. Biscuits made from 80 per cent wheat flour and 20 per cent lupin flour contain 80 per cent more protein than wheat-only biscuits, and 150 per cent more dietary fibre - but far less carbohydrate.

Similarly, pasta and noodles containing 20 per cent lupin flour have double the amount of protein and three times more dietary fibre.

At the recent GRDC-sponsored International Lupin Conference in Perth, Dr Mark

Sweetingham, the manager of legumes and grain food research with the Department of Agriculture and Food, Western Australia (DAFWA), said there was growing interest in lupins because of the functional food and nutraceutical opportunities that may flow from their unique protein and fibre profiles.

Sofia Sipsas, also from DAFWA, told the conference lupins could be sold to the food market as flour (kernel flour), bean sprouts, hulls, kernels, protein concentrates. protein isolates and kernel fibre, with enduses as diverse as protein for milk and icecream, and extracts used in cosmetics.



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Lupins promise perfect junk food

MICHAEL HOPKIN

Talk about flower power - lupins are being hailed by WA scientists as the magic ingredient set to usher in an era of "healthy" junk food.

Curtin University researcher Vijay Jayasena has created snacks from lupin seeds which contain four times the protein and 10 times the fibre of regular potato chips. and says the seeds could be the next "superfood"

The snacks, made from ground lupin-seed "flour" fried in vegetable oil, could help parents give their children the treats they want without harming their health or

denting the weekly budget. The snasks could be given flavours just like regular potato chips. Associate Professor Javasena said.

The list doesn't stop at chips the Curtin team has also created recipes for cookies, cakes and Indonesian tempeh:

The food industry had been slow to recognise the health benefits of lupins, he said. Typically, they were used only for expensive. specialist products such as gluten-free pasta, which can cost \$20 a kg.

WA, which grows 80 per cent of the world's lupins, was poised for a boom, Professor Javasena suid.

The crop could be grown with less water and fertiliser than many traditional crops. Farmers grew lupins only as a rotational crop. But a boom in demand could see farmers planting the flowers as a cash investment.

The first lupin treats are set to hit supermarket shelves within three weeks, when Fremantie's Bodhi's Bakehouse launches a line of lupin-based choc-chip cookies.

Owner Arman Ghodrati said the high-protein cookies gave a full feeling and were lower in sugar than normal biscuits.

"Who wouldn't like a chocolate biscuit that's healthy?"

Merriwa family deny obstructing police at bar

MICHAEL BENNETT

A Merriwa family of four accused of injuring and obstructing police on Friday might have pleaded not guilty to all charges in Perth Magistrate's Doort

Wirs Hamilton was arrested on charges of disorperatconduct and refusing to leave the scene after being issued a move-on notice.

After the incident, one officer was treated for a back niury another for a broken finner while a third office.



WA News

Text Size

Weight-loss bread a first for WA baker

31st July 2007, 6:15 WST

A new high-protein, low-carbohydrate bread baked in Perth is being dubbed the choice of slimmers because of its ability to keep people full for longer, helping them eat less and potentially lose weight.

Made from lupins, a legume, the bread has been found by a University of WA study to help people consume up to 30 per cent less energy during a meal.

One study participant recorded weight loss of about 4kg over four weeks.

Called Slimmer's Choice, the bread was developed by Fremantle bakery Bodhi's Bakehouse, in conjunction with researc



Keeth Jarvis helped produce dramatic weight losses. Report, P11 non-line law

WA's researchers tackling 'diabesity'



Associate Professor Vijay Jayasene and Bodhi's Bakehouse Alpar Myers with choc-chip liquin biscults.

Researchers from the Centre for Food and Genomic Medicine (CFGM) are making great strides in the fight against 'diabesity' with the development of healthier atternatives to wheat-based foods.

The twin epidemics of diabetes and obesity, known as 'diabetity', are of growing concern in Western Australia and the world. Currently, more than 140,000 Western Australians are affected by diabetes and over 15 per cent of adults are classified as obese.

Research at CFGM has shown that four produced from lupin kernels, as opposed to wheat, is higher in protein and fibre, with very few carbohydrates. Its low fat content and glycaemic index (GI) helps to reduce overall energy intake and appetie.

Stimmer's choice, a lupin-based bread developed by CFGM, has proven to be successful in helping people reduce medi sizes as a means for weight control, therefore driving the researchers at the centre to expand their product range.

In April, Fremantie's Bodhi's Bakehouse released a new low fat and sugar, high protein and fibre choc-chip lupin biscuit, based on the one developed by CFGM. CFGM researcher. Associate Professor Vigor Jayassens of Food Science and Technology at Curtin University of Technology, said the lupin enriched biscusts had twice the protein and four times the fibre of similar products.

"We already know lupin flour foods can help people feel fuller for longer and curb calorie intake thanks to the legume's high protein and fibre content, so with the help of manufacturers such as Bodh's Balkehouse we're creating a line of foods that offer kupin benefits, and choo-chip biscults are the latest addition." he said.

CFGM Director Professor Peter Leedman said lupin-based foods were an exciting WA-made prospect that could help alleviate a global problem.

"It seems iupin foods have global potential which would not only lend possible health benefits to the State, but fantantic economic results as well, with WA at the head of the pack."

The Centre for Food and Genomic Medicine, based at the Western Australian Institute for Medical Research, was established through a three year State Government investment of \$4.5 million, managed by the Department of Commerce.

Nominations open for WA Industry and Export Awards

Nominations for the State's most prestigious business awards are now open.

The Western Australian Industry and Export Awards acknowledge the Innovation, hard work and success of businesses, large and small, in maching new markets.

Premier Colin Barnett said WA has a long history of producing successful businesses that achieve exceptional outcomes at home and oversees.

The world is experiencing an economic slowdown that is having major repercussions dut businesses globally. These awards provide us with the opportunity to focus on the positive achieversents, determination and their work undertaken by WA businesses during these difficult bries." Premise Barrett said.

It oncourage all businesses to look back on your echievements and nonstrate yourselves in this year's awards."

The WA industry and Export Awards, now in their 21st year, feature 14 industry and export categories as well as the Premier's Award for Excelence.

All State export calégory wirmers automatically progress as finalists in the Australian Export Awards to be held in November.

The 2009 awards, ediminisoned by the Department of Continuous, are sponsored by Austrade, Australia and New Zevand Berking Group, Craig Mostyn Group, Export Finance and Inturnoce Corporation, Framentle Ports, Rio Tinto and The West Australian newspaper.

Nominations close on Wednesday 13-July For more internation contact June Phillips on 9203-9278, amoi industryexportswards@commerce, wa gov.au or to downtood an entry form, visit www.commerce.wa.gov.au/industryexportswards





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Tempe market a boost for WA lupin industry

07 Jun. 2010 01:11 PM

The use of lupins to produce the food product 'tempe' in Indonesia is expected to significantly boost the Western Australian Jupin industry through increased demand and higher prices to growers.

The new market will benefit WA growers who produce about 80 per cent of the world's lupin crop, with researchers predicting demand for WA lupins for tempe production could rise to as much as 200,000 tonnes within a few years.

The Grains Research and Development Corporation (GRDC) has supported research leading to developing lupins as a partial substitute for soybeans in the production of tempe.

Tempe is one of the most commonly consumed foods in Indonesia and Jupins are a cheaper yet nutritionally superior grain compared with soybeans.

Lupin tempe was officially launched in Jakarta by the WA Minister for Agriculture Terry Redman in April and the product is expected to become commercially available in Indonesia in coming months.

Lupin tempe has been developed as a result of a joint project led by Vijay Jayasena, of the School of Public Health, Curtin University, conducted in collaboration with Leonardus Kardono of the Indonesian Institute of Sciences-LIPI.

The research is funded by the GRDC-supported GrainFood Cooperative Research Centre (CRC). The CRC is actively working with tempe manufacturers in Indonesia to commercialise the process for making tempe from Jupin.

Professor Javasena said he expects initial demand for WA lupins for tempe production in the coming year will be about 50,000 tonnes.

Current WA Jupin production is less than 1 million tonnes and supplies predominantly the stock feed industry.

"Lupins are currently grown in WA mainly for their rotational benefits and are largely a break-even crop," Professor Jayasena said.

*But increased demand for lupins through this new market could help to increase



WA Minister for Agriculture and Food Terry Redman is served a dish featuring lupin tempe at the Jakarta launch of the product.

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Tempe made from lupins

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Peter Hemphill

June 10, 2010

WEST Australian researchers have developed an Asian fermented food product called tempe from lupins.

This displaces its traditional base ingredient of soyabeans

The breakthrough, after more than four years of research at Curtin University in Western Australia, should see lupins elevated from being a traditional stockfeed-type grain to a food-quality product.

Tempe, which looks similar to tofu, originated from Indonesia but is also popular in Malaysia. Thailand and other South East Asian countries.

The lupin tempe was developed by a team led by Curtin University's Vijay Jayasena, with collaboration from Indonesian scientists.

It was supported by the Grain Foods Co-operative Research Centre in Sydney and the Grains Research and Development Corporation.

The new tempe was made from a 50:50 mix of dehulled lupins and soyabeans.

Prof Jayasena said he hoped the research team would have a tempe made totally from lupins within 12 months.

He said the current stumbling block in achieving that goal was finding an appropriate inoculant with a microorganism to ferment the lupin.

Dehulled lupins are cheaper but more nutritional than sovabeans.

Draf Javanana anid luning were high in protein and distan-



Feed to food: tempe made from lupins will soon be served on the plates of Indonesian consumers thanks to a West Australian breakthrough.

Also in Grain & Hav

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- Switch from dairy to fodder
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Lupin Based Healthy Foods

- A number of large national and international food companies, including the largest chip manufacturer in the world, have expressed their interest
- Some foods are commercially available (bread, pasta, biscuits)



Lupin Research Collaborations – National

- Centre for Food and Genomic Medicine
- Grain Foods CRC
- University of Western Australia
- University of Western Sydney
- Department of Agriculture and Food
- Midwest Development Commission
- Murdoch University
- Corporate Bulk Handling (CBH)
- Bodhi's Bakery









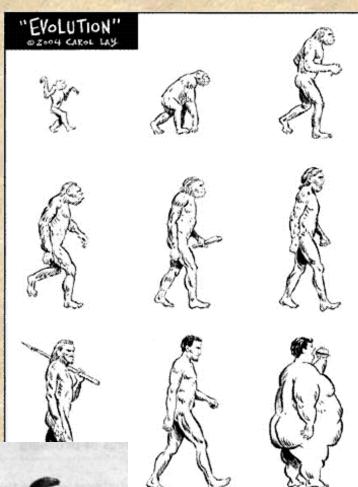


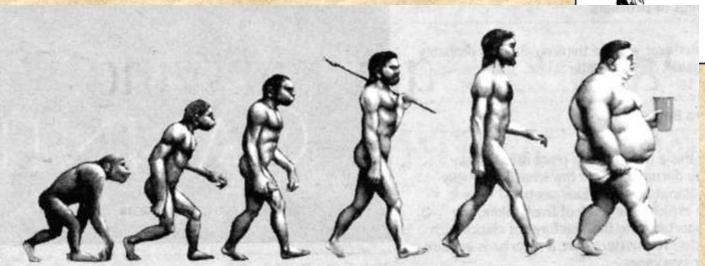
Lupin Research Collaborations – International

 Indonesia: Indonesian Institute of Sciences (LIPI)

- · India
- Thailand
- · Sri Lanka
- Malaysia
- USA

Where we are and where we will be?























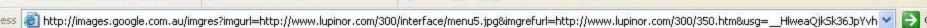












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The protein coagulation (protein precipitation) occurs solely through heat.

The ingredients for making Lopino®: water, sweet lupin beans

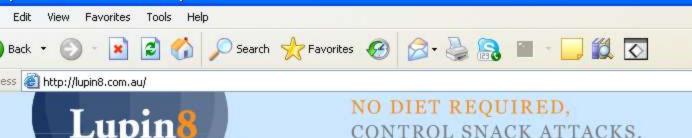
Benefits

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- o low Gl and low GL

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Tobassah





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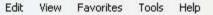


WHAT IS LUPIN8?

Lupin 8 is a total weight control / lifestyle product that is used in everyday cooking and diet regimes.

All the products contained within Lupin8 come from nature.

Lupin8s ingredients are not made in a laboratory but are a mixture of grains from natures basket. We have combined the

































ess 🕙 http://www.lupin.fr/en/sweet-products/



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LUP'ingredients vegetal & natural









Production/Sourcing/Quality

LUP'INGREDIENTS range

News / Innovations

Salted products

Sweet products

Pastry base

Biscuits

Sweet Breads & buns

Dry fruits & chocolate preparations

Others

Nutritional benefits

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Sweet products

list of applications



Pastry base: Pie crust, yellow cakes, pancakes and waffles, brownies, cakes, crumbles, sponge cakes...

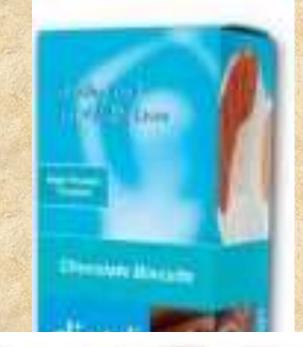


Biscuits: Biscuits, wafers, speculoos...



Sweet Breads and buns: Breakfast goods, Danish pastry, brioches, croissants, etc.







naicar



















Chile

Lupin Production Trends 1976-2006

