

# Protein burst and sweet treats

ANUSHA K finds healthy options made with chickpeas and honey

**C**HICKPEA, also known as garbanzo bean, is a highly nutritious legume that is perfect for those on a high-protein diet. Body builders or those who frequent the gym should add chickpeas to their diet as it is rich in vegetable protein, amino acids, fibre, vitamins and minerals.

A small serving gives you 28 per cent protein, 5 per cent fat, 61 per cent carbohydrate, and 4 to 6 per cent fibre.

According to Linge Lim, recipe developer for BMS Organics, it is also called the longevity bean.

"In the mid 60s, farmers in rural China ate chickpeas as vegetables were scarce at that time. Most of them lived into their 90s."

"Organic chickpea is even more nutritious because of the way it is grown. It has 10 kinds of amino acids, including the eight essential amino acids the human body needs. This is twice that of oats," she says.

Before cooking chickpea,

PERFECT PLATE

soak it in water to reduce its cooking time by half. For the garbanzo seaweed tofu, Lim adds cooked chickpea to the seaweed tofu as garnish. The legumes give a nice crunch to the mildly-flavoured dish.

Meanwhile, the pumpkin miso soup is cooked with chickpea until soft. Shredded pumpkin is then added for sweetness. The seaweed rolls are not only easy to prepare, they also make a great mid-day snack.

"I buy seaweed rolls and mash the chickpea into a paste. I add shredded carrots and cucumber for colour and crunch. It can be done in less than five minutes," says Lim.

According to www.everynutrient.com, chickpea helps lower cholesterol and improve blood sugar levels.



Lim with honey alfalfa beancurd

This makes it a great food for diabetics and insulin-resistant individuals.

It contains molybdenum, a trace mineral that is needed by the body to detoxify sulfites.

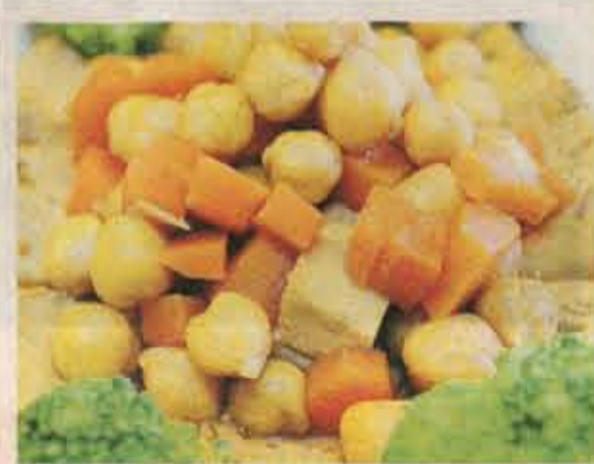
Sulfites are a preservative commonly found in wine and luncheon meat. Sulfite-sensitive individuals who

are deficient in molybdenum may experience headaches, a racing heartbeat and confusion.

Chickpea has a distinct nutty taste and buttery texture. It is suitable for vegetarians because of its high protein content and is a perfect replacement for red meat.



Chickpeas have a high protein content and are excellent for garnishing main dishes



**Garbanzo Seaweed Tofu**  
(Serves 2)

**You'll need:**  
40g organic chickpea  
150g seaweed tofu, cut into cubes  
½ piece carrot, diced  
½ organic broccoli, blanched in hot water  
1 litre water  
2 tbsp organic thick black soya sauce  
2 tbsp organic blackstrap molasses  
1 tsp organic unrefined sugar  
1 tsp organic sea salt

**Method:**  
1. Boil the chickpea in 1 litre water until soft.  
2. Add cut seaweed tofu, diced carrots and seasonings. Cook for approximately 10 minutes.  
3. Garnish with broccoli and serve.



**Pumpkin Miso Soup**  
(Serves 3)

**You'll need:**  
120g organic chickpea  
100g organic pumpkin, shredded  
2 tbsp organic soya miso paste  
Handful of nori flakes (seaweed)  
1.8 litre water

**Method:**  
1. Soak the chickpea in hot water for 20 minutes. Transfer to a pot and allow to boil until soft.  
2. Add shredded pumpkin and cook for awhile. Add soya miso paste and stir well. Remove from stove, sprinkle with nori flakes and serve hot.



**Garbanzo Seaweed Rolls**

**You'll need:**  
60g organic chickpea  
½ piece organic Japanese cucumber  
¼ piece organic carrot, shredded  
9g organic white sesame seeds  
1 tsp vegetarian mayonnaise

**Method**  
1. Cook the chickpea until soft. Then mash it until it resembles a puree.  
2. Fry the white sesame seeds until golden brown or roast them in a pan without oil.  
3. Place mashed chickpea on a slice of seaweed. Add cucumber and carrots and sprinkle with sesame seeds. Roll and serve.

## Honey

THIS delectable liquid whets most appetites and its unique taste and aroma are sought after by most award-winning chefs.

Linge Lim, the recipe planner of BMS Organics, says Biogreen raw honey is very high in enzymes and goes through a low temperature method when processing. This helps to maintain most of its nutrients including bee pollen.

Researchers are said to have found new evidence of its medical benefits.

Details at [www.benefits-of-honey.com](http://www.benefits-of-honey.com). It's not only a natural antiseptic but also has antioxidant and cleansing properties.

It is a head-to-toe remedy that has been used for thousands of years as to heal cuts and to cure ailments and

diseases.

It not only fights infection and aids tissue healing but also helps reduce inflammation and scarring. Other uses include treating digestive problems such as diarrhoea, indigestion, stomach ulcers and gastroenteritis.

Insomniacs are advised to add honey to a glass of milk or chamomile tea and consume it before sleep because of its sleep-inducing properties.

An age-old tradition is to add honey to a glass of lemon juice to cure sore throats.

But weight watchers need to bear in mind that one tablespoon of table sugar or sucrose contains 46 calories while one tablespoon of natural sweetener honey has 64

calories. Though honey may have more calories, it is sweeter than table sugar.

## Recipes

**For the honey kanten** (extract of red seaweed) juice, Linge uses it as a sweetener as it is a healthier alternative to white sugar and is good for diabetics. "It's all right to add honey to your drinks. But everything should be in moderation."

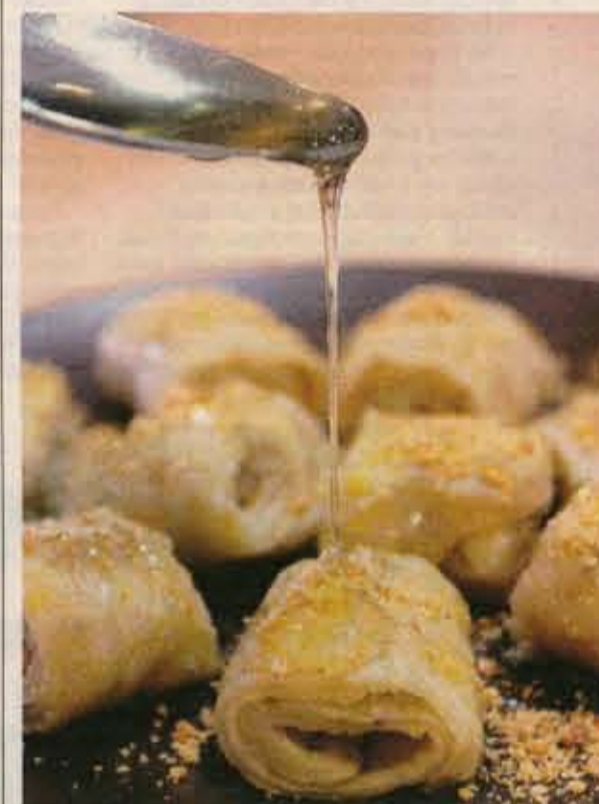
Meanwhile, the delicious honey banana rolls are a perfect dessert for the health-conscious as honey just adds the right amount of sweetness to it.

For the last recipe, honey is used as a garnish and sweetener for tofu.

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Honey is known to fight infection and promotes tissue-healing



**Honey Banana Rolls**  
(Serves 2)

**You'll need:**  
2 organic bananas, mashed  
1tbsp organic peanut powder  
80g unbleached plain flour  
150ml water  
1 tsp raw honey  
1 tsp grapeseed oil

**Method:**  
1. Mix the flour with water and stir evenly until it forms a paste. Add in mashed banana and mix well. Set aside.

2. Heat pan and drizzle some grapeseed oil. Pour the batter around the pan, just like a pancake.  
3. Turn over the pancake and allow it to cook until it turns golden brown. Remove from pan. Repeat for the rest of the batter.  
4. Roll the pancake and slice into small pieces. Drizzle with honey and sprinkle peanut powder or crushed peanuts on top.



**Kanten honey juice**  
(Serves 2)

**You'll need:**  
2g kanten (seaweed) powder  
4 tsp raw honey  
Juice from one lemon  
450ml water  
Ice cubes

**Method:**  
1. Pour kanten powder into 100ml water

and stir until diluted. Allow it to cool. It will resemble a clear jelly mould.  
2. Once set, shred the kanten jelly. Set aside.  
3. Mix honey, lemon juice with water in a glass. Add shredded kanten and ice cubes.



**Honey Alfalfa Beancurd**  
(Serves 2)

**You'll need:**  
6 pieces fried tofu  
Bunch of alfalfa, for garnish  
2 tbsp honey  
1 tsp Biogreen pre-balance powder  
1 tsp organic oligo answer (liquid)  
1 tsp grapeseed oil

**Method:**  
1. Heat grapeseed oil and

fry tofu until golden brown. Set aside.  
2. Place the tofu on a plate and drizzle some liquid oligo answer and honey over.  
3. Take a bunch of alfalfa and place it on top of the tofu.  
4. Sprinkle the pre-balance powder and serve.