

YOUR GUIDE TO

lupin

You've probably heard of lentils, chickpeas and red kidney beans, but what about lupins, the rising star of the legume world?

Your guide to lupins

While lentils and chickpeas are a fixture on supermarket shelves, the lupin is a less familiar sight. This yellow bean, the seed of the lupin flowering plant, has been part of the traditional Mediterranean diet for centuries. Particularly popular in Egypt and parts of South America, lupins are now grown in Australia.

Legumes such as lupins make excellent meat substitutes – so if you've been wanting to reduce your meat intake and eat healthier meals, legumes are your go-to ingredient. Studies confirm that replacing a few meat-based meals each week with at least half a cup of cooked legumes can reduce your risk of developing diabetes, cardiovascular disease, bowel cancer and inflammation – and help with weight management, gut health and longevity.



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Most lupin species grow as herbaceous plants that can reach from 30cm to 1.5 metres

Three times a legume

A powerhouse of goodness, lupins contain three times more plant protein than quinoa, three times more fibre than oats, three times more antioxidants than berries, three times more potassium than bananas – and three times more iron than kale.

You can pickle or salt lupins, and eat them as a whole-bean snack. They can also be milled into flour to make breads, biscuits, cakes and pasta. If you use lupin flour, the legume's high protein and fibre content reduces the carb content of baked goods.

Since lupin flour doesn't need to be cooked, you can even add it to smoothies and stews to help with thickening. Although lupins are gluten free, they contain proteins similar to peanuts and soy, so are best avoided if you're allergic to these foods.



A powerhouse food

COMPARED TO OTHER LEGUMES, LUPINS ARE:

- Lower in calories but higher in nutrients, including thiamine, riboflavin, vitamin C, calcium, potassium, phosphorus, magnesium, iron and zinc
- One of the richest sources of plant protein and fibre (at least twice as much as other legumes, contributing to their hunger-busting effect)
- Much lower in carbs, with a lower glycaemic index
- A significant source of polyphenols and zeaxanthin, which include beneficial antioxidants and cholesterol-lowering phytosterols
- A good source of all nine essential amino acids, including arginine, which lowers blood pressure
- A source of the novel protein gamma conglutinin, which may help to regulate blood glucose and insulin levels, as shown in a La Trobe University study on lupin biscuits (Skinnybik).

Photos: iStock.



Some packaged foods that contain lupins



**Lupins for Life
Lupin flour**
Per 40g serve: 17.2g protein, 3.4g carbs, 11.8g fibre



Pinarie Lupin Chips
Per 100g serve (Sea Salt): 21.4g protein, 49.4g carbs, 15.1g fibre



PB Co. Simply Low Carb Classic Cookie Mix
Per 39g cookie: 8.9g protein, 2.8g carbs, 3.6g fibre



The Lupin Co. Super Lupin Protein Power Bars
Per 40g bar: 8.0g protein, 12.0g carbs, 6.4g fibre



The Lupin Co. Super Lupin Crumbling Mix
Per 40g serve: 14.4g protein, 3.7g carbs, 14g fibre



Skinnybik Delicious Low Carb Bikkies
Per 2 (Cocoa): 4.8g protein, 5.3g carbs, 5g fibre **hfg**