



✓ **RECIPE :**

Ingredients	%
Wheat flour	42,5
Brown sugar	16
Colza oil	8,5
Wheat germ	11,1
PEPILUP 1300 Lupin grits	5,6
FARILUP 350T Toasted lupin flour	9
Sesame seeds	5,6
Baking powder	0,7
Vanilla aroma	0,7
Salt	0,3
Water	23

✓ **PROCESS**

In a beater :

- Mix all the dry ingredients
- Add the flavoured water - mix
- Add the oil - mix
- Laminate – cut (pastry cutter)
- Cooking 17 minutes at 220°C

✓ **The biscuits are :**

- Rich in fibres, in vitamin B1 and Omega 3
- Source of protein, Iron , Magnesium, Phosphorus, Zinc and Vitamin B9

The allegation :

« **take part in the good cardiovascular functioning** »
can be used according to the AFSSA report on the ratio Omega 3

✓ **NUTRITIONAL VALUE :**

Proteins	14.5g (13% of TCI)	Fibres	7.2g
Carbohydrates	59.6g	Phosphorus	240mg
Lipids	15.7g (32%o of TCI)	Magnesium	80mg
Saturated fatty acid	9.9%	Iron	2.96mg
Mono-unsaturated fatty acid	49%	Zinc	3mg
Polyunsaturated fatty acid	32.9%	Vitamin B1	0.45mg
Omega 6	4.09g	Vitamin B9	55µg
Omega 3	1.06g	Cholesterol	0
Omega 6 / Omega 3	3.85	Caloric value	437.5kcal

Caution ! These information are theoretical nutritional values

**For further information,
Please dial +33 299 478 206**