

DR.AKYOL

RED LENTIL FLOUR

Health from Nature



Red Lentil Flour Technical Specifications

Quality	A Natural product that fits human consumption and health improvement as a natural food item
Store & Shelf Life	It must be stored under dry, cool, well aerated and away from direct sun light, the expiry date under mentioned conditions is 12 months after production date in its original packing
Packing	Available with 500 gr and 1000 gr aluminum pe packs by International packing standards
Specifications	<ul style="list-style-type: none">» It does not contain any coloring , preservative, aromatizing agents, any sweeteners or gelatins, it is 100% natural product» Well cleaned» Well dehulled and well ground by natural stone mill» It has its specific aroma» Natural vegan» A wonderful source of protein» It contains all 8 essential amino acids» It has high fibers and is therefore digestive system friendly» It is rich of B vitamins, supports the nervous system» Rich from magnesium, zinc, iron and folic acid» It has low glycemic index» It has a very high antioxidant effect. By ORAC level it contains 7282 micro mol TE, which is supposed normally between 5000-7000 TE» With its natural red color, it can be used as main or additional ingredient In many of the bakery recipes» It does not contain GLUTEN or LACTOSE

Nutritional Values for 100 gr

Energy	339,8 kcal / 1.423.0 kJ
Protein	26 g
Carbohydrates	49 g
Sugar	1,2 g (low glycemic index)
Fat	1,4 g
Saturday Fat	0,3 g
Fiber	12 g



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Red Lentil Flour Wonderful Recipes

Bread from Dr Akyol Red Lentil Flour

Ingredients;

- » 2 cup red lentil flour
- » 4 eggs
- » 1 cup plain yoghurt
- » 1/2 tea cup olive oil
- » 2 packs baking powder
- » 1 pinch dill
- » Little sesame seed and black cumin seed

Method;

Place eggs , yoghurt and olive oil into a bowl and stir them till it becomes foamy. Add red lentil flour, baking powder and dill and mix them. Place the mixture into a round borate glass with is lightly greased surface, then spread some sesame seed and black cumin seed over it, then bake it for 15 minutes in the preheated oven to 175 degrees C

Pancake from Red Lentil Flour

Ingredients;

- » 2 eggs
- » 1/2 cup olive oil
- » 1 tea cup plain yoghurt
- » 1 glass of water
- » 1 tea spoon salt
- » 1 pack backing powder
- » 1 - 1,5 cup red lentil flour
- » 1/2 tea spoon tumeric
- » 1 tea spoon curry powder



Method;

Place eggs, olive oil and yoghurt into a bowl and stir them for 2 to 3 minutes, add tumeric, water, salt, baking powder and curry powder into the mixture and stir for 1 minute. Then add slowly red lentil flour till you get a plain and fluidly dough. Put the frying pan over a medium heat, spread one tea spoon of oil over its surface and pour a small part from the dough, by moving the pan provide that the dough spreads homogeneously on the surface. Cook it always on the medium heat. Cook it till one side becomes pink and turn the other side and cook it in the same way.