



Prussian Peas

Prussian Peas are smaller variant of Blue Peas and nutritional food ingredient with valuable protein and fibre that can be consumed in a variety of different ways.

They are enjoyable as fresh pea but its true strength is that once dried, it will store well for re-hydration later. A dependable favourite, it is excellent for Pea soups or simply pea salad.

It can also be added to a wide range of foods to improve the nutritional profile including baked goods and snacks. With a high protein and fibre content per 100g and a pleasant taste and neutral colour, it can be added to products to help boost the nutritional profile of products with minimal impact on taste and colour.

There is a growing consumer awareness on what constitutes as a 'better for you' sustainable product. Pea products including Prussian Peas allow food processors to tap into growing consumer trends. It can be used as an ingredient in low-fat formulas, GMO-free, non-allergen, gluten-free, high protein the list goes on. Compared to other crops, pulses such as peas have a low carbon foot print and improve the sustainability of cropping systems, as they replenish natural nitrogen in the soil as they grow, improving soil fertility for the next crop grown in the process. The low input required to grow peas is perfect for products with a "green" story to tell.

Technical Data

Product Name: Prussian Peas

Botanical Name: *Pisum Spp.*

Food Safety: This product has been produced in accordance with HACCP principles

Shelf life: 12 months from production date

Allergen Statement: No allergens. Gluten may be present

GM Status: Produced in a GM free production process

Certifications available: HACCP. Kosher and Halal available on request

Product Variations:

- Blue Peas
- Prussian Peas
- Green Split Peas
- Green Pea Flour

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