

# DR.AKYOL

## WHITE BEAN FLOUR

Health from Nature



### White Bean 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"><li>» It does not contain any coloring, preservative, aromatizing agents, any sweeteners or gelatins, it is 100% natural product</li><li>» Well cleaned, Well ground by natural stone mill</li><li>» A wonderful source of protein</li><li>» It has high fibers and is therefore digestive system friendly</li><li>» It is rich of B vitamins, supports the nervous system</li><li>» Rich from magnesium, zinc, potassium and iron</li><li>» As it is rich from folic acid value, it is very useful for heart and blood circulation system, good for bones, it decreases cholesterol levels</li><li>» It has low glycemic index. A very potent antioxidant</li><li>» It contains niacin and prevents the pressure of the migraine</li><li>» It has vitamin K which supports nervous system, it enhances mental activities, decreases cancer risk and fights with it</li><li>» With its natural red color, it can be used as main or additional ingredient In many of the bakery recipes</li><li>» It does not contain GLUTEN or LACTOSE, Natural vegan</li></ul>

### Nutritional Values for 100 gr

Energy (kcal/kj)	333
Protein	21,8 g
Carbohydrates	43 g
Fat	0,85 g
Lif	15,2 g
Cholesterol	null
Potassium	1795 mg
Calcium	240 mg



**Dr. Akyol**

*good food, good life!*

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### White Bean Flour Wonderful Recipes

#### Carrot Cake from Dr Akyol White Bean Flour

##### Ingredients;

- » 5 eggs
- » 2 water glass sugar
- » 1/2 water glass olive oil
- » 1/2 water glass melted butter
- » 2 water glass grated carrot
- » 1 water glass coarse ground walnut
- » 1 pack vanilla sugar
- » 1 pack baking powder
- » 3 water glass Dr Akyol White Bean Flour

##### Method;

Place the eggs, sugar and vanilla sugar into a bowl and stir them for 5 minutes, pour olive oil and butter over them and stir for 1 minute. Add walnut, baking powder and White Bean Flour into the mixture and stir till you get a homogeneous mixture. Pour the mixture into a cake mold greased and floured. Then bake it for 45-50 minutes in the preheated oven to 175 degrees C

#### Muffin from Dr Akyol White Bean Flour

##### Ingredients;

- » 4 eggs
- » 1/2 water glass sugar
- » 1 water glass milk
- » 1 water glass olive oil
- » 1 water glass fine ground hazelnut
- » 1 pack vanilla sugar
- » 1 pack baking powder
- » 1,5-2 water glass Dr Akyol White Bean Flour

##### Method;

Place eggs, sugar and vanilla sugar into a bowl and stir for 5 minutes. While stirring add milk, olive oil and hazelnut in turn. Then add White Bean Flour and baking powder, stir for 30 seconds. Pour the dough mixture into the muffin molds filling up 2/3 . Then bake it for 25-30 minutes in the preheated oven to 175 degrees C

