

Healthy Food

Contents

Whole Grains	1
Legumes ()	1
Nuts	1
Spices	1

Whole Grains

- Bulgur ¹
- Quinoa ²

Legumes () ³

- Linsen ⁴
- Chickpea ⁵ ⁶

Nuts

- Chestnut ⁷
- Hazelnut ⁸

Spices

- Cardamom ⁹

¹=
²=

³Legumes are plants in the pea family Fabaceae, or the fruit or seeds of such plants. When used as a dry grain for human consumption, the seeds are also called **pulses**.

⁴= Lentil (DE) =

⁵= Kichererbsen (DE) = = =

⁶For baking, the liquid found in a can of chickpeas is known as **aquafaba** and serves as an excellent substitute for eggs. Approximately 3 tablespoons of aquafaba equate to one egg, 2 tablespoons are equivalent to one egg white, and 1 tablespoon is roughly equal to one egg yolk.

⁷= Esskastanie / Maroni (DE) =

⁸= Haselnuss (DE)

⁹=