

LUPIN



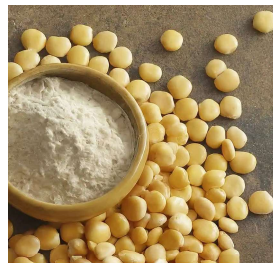
LEAFLET #6

Ask your Dr

We do not give medical advice, so please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.



Lupin



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Lupin flour is becoming increasingly used as a replacement for wheat flour in baked goods, such as bread, cakes, and pastries.

Currently seen more in Europe than the UK, Lupin is most often used in specialist recipes for Coeliacs, because it is naturally gluten free.

Made from the seeds of the white lupin plant, which has been genetically modified to remove the colour and the toxin found in the pink and purple garden varieties. This flour can be used widely in any dish that would usually contain wheat flour, including sauces.

Other names to look for:

Lupine