



BEANIT®

Plant protein assortment

WHAT ARE BEANIT® PLANT PROTEINS?

Beanit® plant proteins are the perfect and easy protein source in various vegetarian and vegan dishes and also ideal ingredients in meat alternative applications. The key ingredients are locally harvested Finnish fava bean and oats, which are our prides.

Beanit® plant proteins are available in various forms and flavours, including both ready-to-use chunks and minces and dry protein minces, which are used like soy granules and as ingredients in food applications.

Beanit® plant proteins are always:

- high in protein
- gluten-free & soy-free
- 100% plant-based
- non-GMO
- sustainable
- produced in Finland

DRY PROTEIN MINCES

Beanit® Textured Oat-plant protein mince TOP45M

Designed as a healthy ingredient for various plant-based food. It brings the good qualities of oats grown in Finnish fields and the protein of legumes to foods in a single product. It contains a high amount of fiber from oats, including healthy beta-glucan. A hydrated product brings great texture into meat-like applications such as nuggets, burgers, sauces and fillings.

Ingredients: Gluten free OAT (46%), pea protein, fava bean protein, molasses.

Package: 8 kg

Shelf-life: 12 months



Beanit® Textured fava protein mince TFP60M

Produced from fava bean and pea proteins. It is full of protein (63%) and works as a healthy and sustainable ingredient for a variety of plant-based and meat alternative applications, such like burgers, balls, sauces and fillings. Brings meat-like, juicy and firm texture while enabling good flavours. Keeps its firm texture and mouthfeel well after hydration.

Ingredients: Fava bean protein (76%), pea protein, food molasses, citrus fibre. May contain traces of gluten-free oats.

Package: 8 kg

Shelf-life: 12 months

Energy	1555 kJ/370 kcal
Fat	5.6 g
of which saturated	1.2 g
Carbohydrates	17 g
of which sugar	2.7 g
Nutritional fibre	17 g
Protein	48 g
Salt	0.88 g

Energy	1591 kJ/377 kcal
Fat	3.2 g
of which saturated	0.4 g
Carbohydrates	7.4 g
of which sugar	2.3 g
Nutritional fibre	11 g
Protein	63 g
Salt	0.53 g

Finnish origin

Our Nordic climate brings out the best in oats and fava bean, our beloved main ingredients, which love bitterly cold winters and draw all their energy from short, intense summers. Because of our harsh northern conditions, oats and fava beans do not need a lot of fertilizers or pesticides to grow.

Clean water, pure air and the midnight sun all contribute to the extraordinary quality of our ingredients and Beanit products.

Healthy oats

Oats are a cereal plant with a loose, branched cluster of florets. When ready to be harvested, oats turn into beautiful golden yellow color. Oats are one of the healthiest grains on earth as it has many health benefits. Oat's soluble fiber, beta-glucan, lowers cholesterol and keeps blood sugar levels stable. Oat's fibers also keep the stomach satisfied.

Impressive fava bean

The fava bean is a very nutrient-rich legume. It contains as much as 30 % of protein, and its high fibre content is effective in keeping hunger at bay. Fava bean is also a low-emission source of protein, thus making Beanit products sustainable with a relatively small carbon footprint too. Globally the use of the fava bean as foodstuff is rapidly increasing.



Beanit® Fava Bean Chunks

Versatile and tasty plant protein in familiar form. Fava beanchunks are made of fava bean and pea proteins and are high in protein (>25%). Ideal in dishes such as pastas, stews, tortillas, pitas and burgers. Deliciously crispy when pan-fried but are also ideal to be prepared in an oven. A great alternative for chicken strips.

Package: 2,5 kg **Shelf-life:** 8 months

UNFLAVOURED

Water; pea protein, fava bean (8,6 %, Finland), rapeseed oil. May contain small amounts of gluten-free oats.

GARLIC & HERBS

Water; pea protein, vegetable oils (rapeseed and fully hydrogenated rapeseed), fava bean (8 %, Finland), spices (onion, black pepper, garlic, parsley, marjoram, oregano, rosemary, cumin, cinnamon, nutmeg), brown sugar, salt, natural flavours, pepper extract.

SAVOURY LEMON

Water; pea protein, vegetable oils (rapeseed and fully hydrogenated rapeseed), fava bean (8 %, Finland), sugar, spices (rosemary, pepper, ginger, black pepper), flavours, salt, vinegar; lemon juice concentrate (0.2 %).

CHILI

Water; pea protein, fava bean (9 %, Finland), vegetable oils (rapeseed and fully hydrogenated rapeseed), spices (garlic, tomato, onion, paprika, chipotle chili, birds eye chili, coriander, blackpepper, chives, habanero), sugar, salt, flavours, vinegar, lemon extract.

	UNFLAVOURED	GARLIC & HERBS	SAVOURY LEMON	CHILI
Energy	995 kJ/238 kcal	1059 kJ/254 kcal	1044 kJ/250kcal	867 kJ/206 kcal
Fat	13 g	14 g	14 g	8.0 g
of which saturated	1.3 g	1.6 g	1.6 g	1.1 g
Carbohydrates	4.0 g	5.7 g	6.2 g	7.4 g
of which sugar	0.2 g	1.5 g	1.5 g	2.3 g
Nutritional fibre	0.9 g	1.1 g	1.1 g	1.4 g
Protein	26 g	25 g	25 g	26 g
Salt	0.90 g	1.6 g	1.7 g	1.7 g



Beanit® Fava Bean Mince

Versatile and tasty plant protein in minced form. The Fava bean mince is made of fava bean and pea proteins and is high in protein (>25%). Perfect in various dishes such as pizzas, salads, casseroles, pies, sauces and fillings. Ideal as a substitute for cooked minced meat.

Package: 2,5 kg **Shelf-life:** 8 months

UNFLAVOURED

Water; pea protein, fava bean (8,6 %, Finland), rapeseed oil. May contain small amounts of gluten-free oats.

SAVORY LEMON

Water; pea protein, vegetable oils (rapeseed and fully hydrogenated rapeseed), fava bean (8 %, Finland), sugar, spices (rosemary, pepper, ginger, black pepper), flavours, salt, vinegar; lemon juice concentrate (0.2 %).

UMAMI

Water; pea protein, vegetable oils (rapeseed and fully hydrogenated rapeseed), fava bean (8 %, Finland), salt, flavours, onion, natural caramelized sugar, brown sugar. May contain small amounts of gluten-free oats.

	UNFLAVOURED	SAVORY LEMON	UMAMI
Energy	995 kJ/238 kcal	1044 kJ/250 kcal	1083 kJ/259 kcal
Fat	13 g	14 g	15 g
of which saturated	1.3 g	1.6 g	1.7 g
Carbohydrates	4.0 g	6.2 g	4.7 g
of which sugar	0.2 g	1.5 g	0.6 g
Nutritional fibre	0.9 g	1.1 g	1.0 g
Protein	26 g	25 g	25 g
Salt	0.90 g	1.7 g	1.7 g



Beanit® Oat Mince

Oat Mince is designed to perfectly complement recipes of food professionals. It brings the good qualities of oats and protein of legumes to foods. For a delicious finish, Oat Mince can be fried in an oven or in a pan and used as a protein component. Ideal as a substitute for minced meat in favorite recipes. The product is pre-seasoned with pepper and onion and is ready to be heated or added to a dish.

Ingredients: Water; gluten-free OATS 15%, pea protein, fava bean protein, spices (onion, paprika, garlic, tomato, black pepper; cayenne pepper; basil, oregano, allspice), flavourings, sugar, salt, molasses.

Package: 2,5 kg **Shelf-life:** 6 months

Energy	613 kJ/147 kcal
Fat	2.8 g
of which saturated	0.5 g
Carbohydrates	10 g
of which sugar	2.8 g
Nutritional fibre	6.7 g
Protein	17 g
Salt	1.0 g



Start by testing Beanit® chunks and mince in Mexican, Italian and Asian cuisines with our bombproof recipes!



Nacho platter with Fava Bean Mince

10 portions á 240 g

Ingredients

0.500 kg	Beanit® Fava bean mince, Unflavored
1.000 kg	corn chips
0.500 kg	sour cream (chili or unflavored)
0.500 kg	grated cheese
0.400 kg	salsa sauce
0.200 kg	tomato, block or slice
0.200 kg	red onion, chopped or in strips
0.100 kg	jalapeno, slice
0.010 kg	coriander, fresh

1. Pour the corn chips into the greased GN 1/1 baking tray so that the bottom is covered. Mix the Fava bean mince with the salsa sauce and pour half of it over the corn chips. Sprinkle half of the red onions, tomatoes and jalapeno slices over the salsa.
2. Pour the rest of the corn chips and the rest of the fillings on top of them. Sprinkle grated cheese on top.
3. Bake at approx. 200 degrees for approx. 15 min.
4. When serving, you can sprinkle fresh coriander on top.

Sticky sauce with Fava Bean Chunks

10 portions á 180 g

Ingredients

1.000 kg	Beanit® Fava bean chunks, Garlic & Herbs
0.050 kg	oil

Sauce

0.250 l	soy sauce
0.050 kg	ginger paste
0.050 kg	garlic paste
0.300 kg	dark cane sugar
0.1000 l	lemon juice

To serve

0.020 kg	red chilli, thinly sliced
0.050 kg	sesame seeds
0.005 kg	fresh coriander

1. Combine the soy sauce, ginger, crushed garlic, sugar and lemon juice to make the sauce. Mix well. The sugar needs to dissolve before you can pour the sauce onto the pan.
2. Sauté the fava bean chunks in a hot pan in oil for a few minutes until they are crispy and brown.
3. Pour the sauce into the pan and bring to the boil. Simmer on low heat for a moment. Sprinkle the toasted sesame seeds, sliced chilli and chopped fresh coriander on top.
4. Serve with rice.



Fava Bean Chunk pesto pasta

10 portions á 250 g

Ingredients

0.800 kg	Beanit® Fava bean chunks, Garlic & Herbs
1.000 kg	Wholegrain penne pasta
0.500 kg	pesto sauce, vegan
0.200 kg	parmesan flakes, vegan
0.050 kg	fresh basil

1. Cook the pasta until al dente, pour in a colander, rinse and drain well.
2. Heat a frying pan, add oil and sauté the fava bean chunks until crispy.
3. Mix the pesto sauce and crispy fava bean chunks in with the pasta.
4. Heat the pasta to 70 degrees Celsius and sprinkle with parmesan flakes and fresh basil.

Let's get in touch!

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