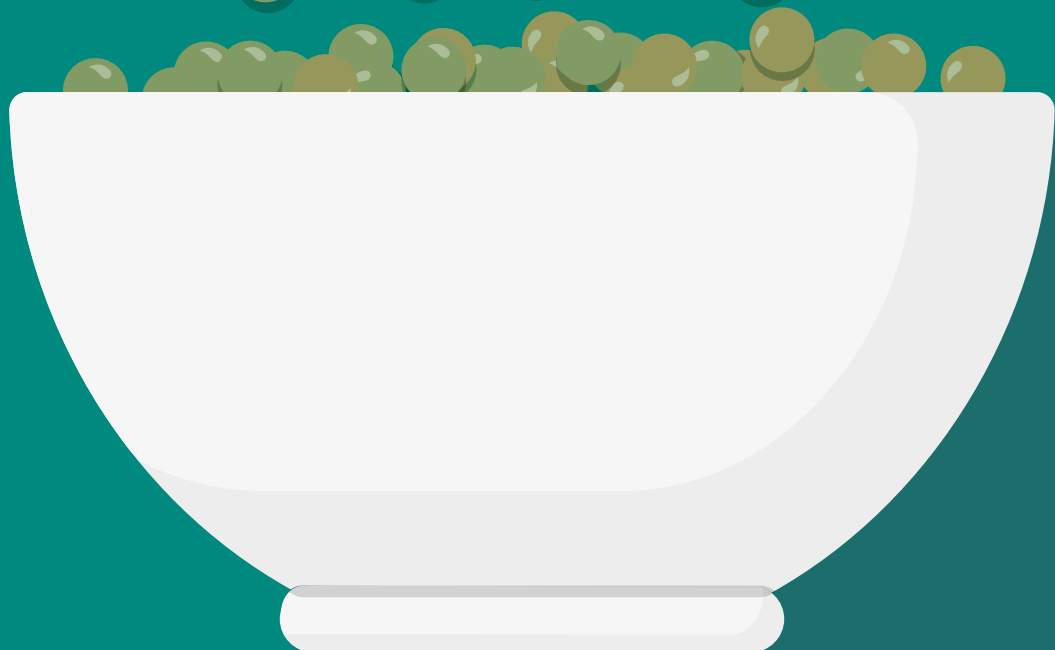
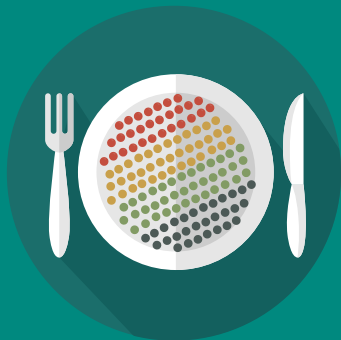


Love your
lentils



Love your lentils



Lentils are a type of legume and are one of the oldest crops in the world! **There are 4 different kinds of lentils: red, yellow, green and French lentils.**

Australia is the 3rd largest lentil exporter in the world, and we sell mostly red lentils. Lentils are grown deep in cool, claylike soil in the cooler months of the year.

You can use different kinds of lentils in different recipes all year round. Red and yellow lentils are softer so they're best in soups or curries. Green lentils are more hearty, so work well in burgers and slow cooker recipes. French lentils have a stronger, nutty flavour and hold their shape when cooking, so are perfect in a yummy salad.



Lentils are jam packed with:

- **Fibre**, to keep your tummy healthy
- **Potassium**, for healthy bones
- **Folate and manganese**, for energy
- **Iron** to keep you alert
- **Plant protein**, for strong muscles



You can buy lentils dried or pre-cooked in a can. Both are great, but if you buy the canned kind, make sure you rinse them well before eating and recycle your can!

It's easy to see why we love our lentils. Pick some up at your local IGA today.