

# Caramel Coated Extruded Puffs

Pulse flours provide expansion and light crispy texture

Ingredients	%
Chickpea Flour	33.50
Yellow Pea Flour V6000	33.00
Faba Bean Flour V6000	33.00
Salt	0.50

Nutrition Facts	
Serving size	(30g)
Energy	130kcal
Fat	6g
of which saturates	3.5g
Cholesterol	15mg
Carbohydrate	16g
of which sugars	8g
Protein	1g
Dietary Fibre	0g
Sodium	60mg

Preparation :

1. Dry blend all ingredients.
2. Process well blended dries using twin-screw extruder with 6 barrels and 32 mm screw diameter using the following parameters:

Total Moisture (%)	Barrel Zone 1 (°C)	Barrel Zone 2 (°C)	Barrel Zone 3 (°C)	Barrel Zone 4 (°C)	Barrel Zone 5 (°C)	Barrel Zone 6 (°C)	Die Temp (°C)	Screw Speed (rpm)	Cutter Speed (rpm)
16.90	50	80	110	110	110	110	100	472	335

3. Bake in a 121°C/250°F oven for 45 minutes, stirring every 5-10 minutes
4. Remove from oven, spread on wax paper and cool
5. Spread out extruded puffs on a nonstick baking sheet
6. Pour caramel coating over extruded puffs and stir to coat the puffs with the caramel

