



Transition paths to sustainable legume-based systems in Europe (TRUE)

Development of Protein-rich Food based on Extrusion

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The Objectives

In recent years, the nutritional trends have changed worldwide. The increase in meat consumption per capita in developing countries and a new trend in reducing meat consumption in industrialized countries have led to an increase in demand for plant-derived proteins and derived foods.

Reduced meat consumption needs to be replaced by a high-protein diet based on plant proteins, resulting in a growing market for new products. The best-known type is soybean, but the allergenic potential as well as the fear that GMO soy products could be imported are unsettling many European consumers. Therefore, a new search for other regionally produced legumes is emerging.

IGV GmbH has several years of experience in the processing of protein-rich vegetal foods.

The aim

Product developing with the goal in mind:

Products must be delicious, healthy, free from allergens, gluten, GMO and rich in protein and fibre...

The Resources

Legumes: Flours, Protein-Isolates, Protein-Concentrates of *Green Peas, Yellow Peas, Fava Beans, Lentils*

The Equipment

Twin Screw Extruder

Fa. ERMAFA



Planetary-Roller Extruder

Fa. ENTEX



Pasta Machine

Fa. SELA



Pasta made from Legumes, 25 % Protein

The Products

Ready to eat Snacks

- Nuggets, 75 % P, Naturell or Chocolate or Coated
- Balls, 50 % P
- Mini-Balls, 50% P, sweet/spicy
- Pea Flakes, 60 % Protein (Naturell or Choco)

Other Products:

- Muesli
- Bars
- Crispies, 75 % Protein
- Meat Balls
- Burger Pattys

Pasta made from Legumes:

- Thread-Spaghetti Yellow Pea
- Spirelli, Fava Bean
- Thread-Spaghetti Green Pea
- Spirelli, Green Pea
- Thread-Spaghetti Red Lentil
- Spirelli, Red Lentil
- Trottole, Red Lentil
- Trottole, Green Pea



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