From Producer to the World™

AGT FOODS AFRICA

All our products are

GMO FREE

Pantry Essentials

2025/6 Edition

FRESHPOP

"CORONA"

easy does it

FAIRGROUND

LOW GI OPTIONS

Low glycemic index (GI) foods cause a steady rise of glucose in the blood, which leads to a small and gentle rise in insulin.

High-GI foods cause rapid rise in blood sugar, triggering an insulin spike that then instructs the body to store fat.

Low-GI carbohydrates are an essential part of your diet. It can, however, sometimes be difficult to tell which foods are low and which are high-GI and sometimes the way in which the foods are cooked can change their GI.

As a general rule of thumb, look for these low-GI options to fill you up and boost your energy:

- **Popcorn (check microwave popcorn for fat content)**
- **Oats (plain flavour, cooked with fat-free milk)**
- **Pearled barley**
- **Bulgur wheat**
- **Whole/cracked rye products**
- **Kidney, butter, cannelini, black, sugar and baked beans**
- **Chickpeas**
- **Lentils**

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Coriander
Garlic
Ginger
Onion
Paprika
Black Pepper
White Pepper
Turmeric

** Gluten Free*

SEEDS

SESAME SEED
(BLACK / DE-HULLED)

Sesame is a well-known oil seed with a mild nutty flavour. We stock three variants namely de-hulled or white sesame, natural sesame and black sesame.

De-hulled sesame is more refined than natural sesame as the outer bran layer has been removed.

SUNFLOWER SEED

These seeds have high oil content and are one of the main sources of healthy polyunsaturated fats.

Eaten raw, they have a mild nutty taste and firm, but tender, texture. They are delicious when baked into breads.

LINSEED

The warm, earthy and subtle nutty flavour of flaxseed (linseed), combined with an abundance of omega 3 fatty acids and their high fibre content, makes them an increasingly popular addition to the diets and recipes of many health conscious consumers.

Golden linseed is just as nutritious as brown linseed but with a lighter, golden colour.

PUMPKIN SEED

Subtly sweet and nutty with a malleable, chewy texture, pumpkin seeds are one of the most nutritious and flavourful seeds available.

These seeds add delicious taste and texture to most baked goods and can also simply be roasted and eaten as a snack.

POPPY SEED

Poppy seeds are an oil seed that can be used whole, or ground as an ingredient in a variety of food dishes. They are highly nutritious and less allergenic than many other seeds and nuts.

CARAWAY SEED

Caraway seeds have a warm, sweet, and slightly peppery aroma when squeezed between index and thumb fingers.
Its seeds are used intensively in European and Mediterranean cooking. Caraway seeds are a rich source of dietary fibre.

CHIA SEED

Chia seed originated in South America and was a staple of the ancient Mayans and Aztecs. These tiny little seeds are extremely high in omega 3 fatty acids as well as dietary fibre.

They can be eaten on their own or sprinkled onto cereals, added to smoothies or just about any baked goods.

ANISEED

Aniseed is a common sweet snack in India and many people in India set about chewing aniseed all day. It freshens one's breath and promotes a sense of digestive wellbeing.
Aniseed has a flavour that resembles liquorice or fennel, though these plants are not related. Aniseed is used mostly in cakes and biscuits, though in very small doses it can be used to flavour drinks, jams and red meat dishes.

GRAINS

BUTTERFLY POPCORN

Butterfly popcorn is the more common popcorn variety found in pre-packs in supermarkets, used in the manufacture of microwave popcorn, savoury ready to eat popcorn and movie theatre popcorn. As the name suggests, when it pops it has “wings” like butterfly.

MUSHROOM POPCORN

Mushroom popcorn is round in shape once popped. It has a much larger surface area and “fluffier” texture than butterfly popcorn.

For these reasons mushroom popcorn is best suited for adding coatings, such as caramel, to it.

COUSCOUS (WHOLEWHEAT/ PLAIN)

Whole wheat couscous is made with whole grain durum flour. The flour retains the bran and germ of the wheat berry, thereby making it more nutritious due to its additional fibre from the whole grain. The whole wheat couscous cooks just as quickly and can be used in the same way.

SAGO

Sago is a starch extracted from the pith of tropical palm stems, particularly the sago palm (Metroxylon sagu). It is commonly used in cooking and baking across Asia, Africa, and the Pacific. Sago typically appears as small, white pearls that swell into a translucent, jelly-like texture when cooked. It is a rich source of carbohydrates and is often used in puddings, soups, and porridge. Naturally gluten-free, sago is also a staple in many diets where wheat or other grains are restricted

ROLLED OATS

Rolled oats make a delicious wholesome breakfast and provide sustained energy for the day. They present a much healthier alternative to most processed cereals as they have a lower glycemic index, which helps to regulate blood sugar levels; they're a good source of dietary fibre.

ROLLED OATS (GLUTEN FREE)

Pure oats and pure oatmeal do not contain gluten. If you have celiac disease or non-celiac gluten sensitivity, you should stick with brands that are specifically labelled "glutenfree." Oats and oatmeal are not wheat products, and therefore they are naturally free from gluten. Oats are very healthy, and are a great addition to gluten free diets. They are a good source of many nutrients, including fibre, manganese, selenium, phosphorus, magnesium, vitamin B1, and protein.

DE-HULLED OATS

This oats has been minimally processed; only their outer hull has been removed. As a result, they retain much of their nutrient content and are very chewy. These oats, just like all oats, are low in fat and high in complex carbohydrates. They have much higher fibre content than processed oats and take longer to digest, therefore making them a great low GI option

QUICK OATS

Quick oats are the same as our Traditional Oats but they have been cut finer and rolled thinner. This makes them quicker to cook; perfect for those cold winter mornings when you don't want to wait for your creamy oats breakfast. Oats are a natural source of energy and are rich in beta glucan, a soluble fibre that naturally helps lower cholesterol re-absorption.

WHEAT (CRUSHED)

Crushed wheat is made from the whole raw wheat kernels which are rushed, or cut into smaller pieces. Crushed wheat is made from the whole wheat berries and contains a great deal of nutrition and fibre.

OAT BRAN

This outer bran and germ discarded from the oats groats is termed as oat bran. Moreover, the oat groat (minus the oat bran) is passed through a steam roller which flattens the oats to a thickness of 0.3 to 1 mm, oat bran is just the hull of oat groats. Oat bran is creamy in texture and mushy, thus, goes down really effortlessly.

DE-HULLED MILLET (GLUTEN FREE)

Millet is a tasty grain with a slightly sweet and nutty flavour. This highly nutritious grain is gluten free and non acidforming which makes it easy to digest. Millet is most commonly used in cooked cereals and baked goods.

GRAINS

RYE (CRUSHED/ WHOLE)

Crushed rye is a coarse whole grain rye product. The rye kernel is finely crushed between rollers and provides a very rough character to the bread.

Rye is a rich and versatile source of protein and dietary fibre, especially a type of fibre called arabinoxylan, which is also known for its high antioxidant activity.

Rye is high in selenium, phosphorous, magnesium, copper, zinc and protein.

RED QUINOA (GLUTEN FREE)

Red Quinoa has the same high quality nutrition and earthy flavour as white quinoa, with a dark red colour.

WHITE QUINOA (GLUTEN FREE)

Quinoa is a recently rediscovered ancient grain once considered “the gold of the Incas”. It is a gluten free complex carbohydrate, easy to digest and contains a balanced set of essential amino acids for humans, with a protein content of 12 - 18%.

Quinoa is a good choice for vegans and vegetarians, is gluten free and has a low glycemic index.

BLACK QUINOA (GLUTEN FREE)

Black Quinoa has the same high quality nutrition and earthy flavour as white quinoa, with a dark black colour.

BULGUR WHEAT

Bulgur wheat is made from durum wheat and is a quick cooking form of a whole wheat that has been cleaned, parboiled, dried and ground into particles.

It is found in recipes similar to rice or couscous and is best known as the main ingredient in tabouli salad.

Bulgur is a tasty low-fat ingredient in pilaf, soups, bakery goods and stuffing.

PEARL BARLEY

Pearl Barley is the primary form of barley for human consumption as it has had its hull and bran removed in order for it to be edible.

Pearl barley is a wonderfully nutritious low fat food with a good iron and fibre content. The slightly sweet and mild grain lends itself well to cold salads or even as a breakfast cereal, topped with brown sugar. It is most popularly used as an addition to thicken winter soups.

DE-HULLED BUCKWHEAT (GLUTEN FREE)

Buckwheat is considered a fruit seed. Buckwheat helps to stabilise the metabolism, thus making it ideal for weight stabilization.

It can be eaten raw, or cooked and can also be enjoyed as a starch replacement.

Buckwheat contains no gluten and consequently can be eaten by people with celiac disease or gluten allergies.

SORGHUM (WHITE, RED, GLUTEN FREE)

Sorghum is a genus of flowering plants in the grass family. Native to Africa with many cultivated forms now, is an important crop worldwide, used for food (as grain and in sorghum syrup or "sorghum molasses"), animal fodder, the production of alcoholic beverages and biofuels.

Sorghum supplies numerous essential nutrients in rich content, including protein, fibre, the B vitamins, niacin, thiamine, vitamin B6 and several dietary minerals. Sorghum contains no gluten, making it useful for gluten-free diets.

POLENTA (GLUTEN FREE)

Essentially polenta is yellow maize meal that is cooked with water-like porridge and can be used as a base for toppings such as cheese, meat and vegetables. It can also be set in the refrigerator giving it a dough-like texture, to be cut or moulded and grilled, or toasted in the oven.

AMARANTH (GLUTEN FREE)

Amaranth was a staple food of the Aztecs. It has a nutty flavour and its yield is similar to that of rice or maize. Amaranth is high in fibre, low in fat and is gluten free.

TEFF (BROWN, WHITE, GLUTEN FREE)

Teff is a fine grain - about the size of a poppy seed - that comes in a variety of colours, from white and red to dark brown. The grain has a very mild, nutty flavour and it packs a serious nutritional punch. Teff has an excellent balance of amino acids and it is also high in protein, calcium and iron.

DESICCATED COCONUT – FINE / MEDIUM

Coconut is the fruit of the coconut palm (Cocos nucifera), valued for its versatile use in food, drink, and oil. It has a hard shell, white edible flesh, and nutrient-rich water inside. Coconuts are used fresh or dried in cooking, baking, and processed into products like coconut milk, oil, flour, and cream. Naturally rich in healthy fats and minerals, coconut is a staple in many tropical cuisines and offers both culinary and nutritional benefits.

FLOUR

FLOUR FUN FACTS

- Flour is a powder made by grinding uncooked cereal grains or other seeds or roots (like cassava).
- Flour is the main ingredient of bread, which is a staple food for many cultures, making the availability of adequate supplies of flour a major economic and political issue at various times throughout history.
- The earliest archaeological evidence for wheat seeds
- crushed between simple millstones to make flour dates to 6000 BC.
- In 1879, at the beginning of the Industrial Era, the first
- steam mill was erected in London.
- March is National Flour Month.
- In the 1930s, some flour began to be enriched with iron, niacin, thiamine and riboflavin.
- Flour dust suspended in air is explosive-as is any mixture of a finely powdered flammable substance with air.
- When flour is mixed with equal parts butter and heated, you create a traditional roux.

FLOUR VARIATIONS:

All-Purpose Flour. The biggest difference between flours is the protein content.
All-purpose flour has an average protein content, making it versatile for everything from cookies to cakes to roux to bread.

Cake Flour. Cake flour has the lowest protein content of all the flours and it undergoes a unique bleaching process from all the other white flours. It is very soft and fine, a little like powdered sugar.

Pastry Flour. Harder to find than cake flour; as far as

protein content goes, it's somewhere between cake flour and all-purpose flour.

Self-Rising Flour. This is an all-purpose-y flour that has been mixed with salt and baking powder.

Bread flour. Bread flour has the highest protein of all the flours (which allows for a lot of elasticity and rise without collapsing). Don't use bread flour for quick breads (like banana bread).

AGT FOODS HAVE DEDICATED MILLS ON OUR PREMISES AND WE CAN MILL ANY GRAIN OF YOUR CHOICE INTO ANY FLOUR - MINIMUM ORDER IS 100kg

USING OTHER FLOURS

CAKE FLOUR: 160g = 250ml cup

REPLACE WITH	EQUIVALENT WEIGHT USED
Lentil Flour	105g
Teff Flour	150g
Chickpea Flour	115g
Rye Flour	125g
Pea Flour V6000	200g
Millet Flour	140g
Spelt Flour	115g
Buckwheat Flour	160g
Quinoa Flour	140g
Oats Flour	135g
Potato Flour	205g
Sorghum Flour	175
Rice Flour	132g

FLOUR

RYE FLOUR

This flour is made from ground rye berries. It has a slightly sour taste and is used to prepare rye bread and sourdough.

Loaves of bread produced with this flour are generally darker and denser than other types of bread.

BUCKWHEAT FLOUR (GLUTEN FREE)

Buckwheat flour has a very rich, nutty flavour and a very high nutritional value.

In addition, this flour is gluten free and is most commonly used to make buckwheat pancakes.

OAT FLOUR (GLUTEN FREE)

Oat flour is flour which is made from ground oats. This flour can be used in a wide variety of recipes although it does carry a caution. This is because it does not behave like wheat flour, since it contains no gluten.

As a result, if oat flour is used alone, baked goods will not rise or hold together. Therefore, oat flour must be mixed with other flours in baking, whether you are attempting gluten free baking or just wanting to spice up conventional recipes.

RICE FLOUR
(WHITE/ BROWN, GLUTEN FREE)

Rice flour is a form of flour made from finely milled rice. Rice flour is a particularly good substitute for wheat flour, which causes irritation in the digestive systems of those who are gluten-intolerant.

Rice flour is also used as a thickening agent in recipes that are refrigerated or frozen since it inhibits liquid separation.

BROWN TEFF FLOUR
(GLUTEN FREE)

Brown teff flour has the same properties as white teff flour, but with a more earthy flavour.

Brown Teff Flour can be used in a variety of sweet and savoury recipes.

A nutritional powerhouse, Teff is packed with vitamins, minerals, protein, prebiotics (which your gut will love!). The smallest of all the grains but a nutritional giant! Use Teff Flour to bake cakes, breakfast muffins, flatbreads, or thicken sauces.

WHITE TEFF FLOUR
(GLUTEN FREE)

Teff is packed with nutrition. It is higher in protein than wheat flour and has a high concentration of a wide variety of nutrients including calcium, thiamine and iron.

The iron from teff is easily absorbed by the body. It is very high in fibre and is thought to benefit people with diabetes as it helps control blood sugar levels. Teff contains no gluten which makes a suitable grain for celiacs or people with wheat sensitivities

.CHICKPEA FLOUR
(GLUTEN FREE)

This flour is high in protein and works well in gluten-free baking.

GOLDEN LINSEED FLOUR
(GLUTEN FREE)

Golden Linseed (Flaxseed) flour is high in omega 3 fatty acids and dietary fibre. It has a mild nutty flavour. Keep refrigerated to maintain freshness.

BROWN LINSEED FLOUR
(OIL/ GLUTEN FREE)

Flax flour has the exact same properties as golden linseed flour except it has a darker colour.

FLOUR

YELLOW LENTIL FLOUR
(GLUTEN FREE)

Lentil flour is an excellent source of protein and fibre. It is used in place of wheat flour for batters and also as a thickening agent in stews and soups.

Lentil flour also replaces bread crumbs in the lentil cakes and burgers.

PEA FLOUR V6000
GLUTEN FREE)

Pea Flour V-6000 provides nutritional benefits including low calorie formulation and allergen, gluten and lactose-free solutions. Furthermore, it has improved binding properties in formulated foods. V-6000 is fine powdered material made from the milling of de-hulled pulses, a natural source of starches.

Pea Flour is a food grade ingredient used to increase starch content and to improve the binding properties of foods, without altering flavour, aroma and colour properties.

Pea Flour V-600a0 offers GMO-free solutions with excellent heat stability and binding properties. The viscosity, gel formation and texturising properties of Pea Flour V-6000 make it an excellent natural solution for any food formulation.

Pea flour VJ-6000 is available in yellow Pea, Lentil and Faba Bean flour varieties.

PROTEINS, VEGETABLE PROTEINS AND FIBRE

ALSO AVAILABLE IN DE-FLAVOURED VARIANTS

PEA PROTEIN 80/85 (80/85% protein)

Pea protein provides nutritional benefits including protein fortification, low calorie formulation, and allergen, gluten and lactose-free solutions, as well as yield improvement in formulated foods. Pea protein is a fine, powdered material made from the milling of de-hulled peas, a natural source of complete protein. Pea protein is a food grade ingredient used to increase the protein content of foods without altering flavour, aroma and colour properties.

SUGGESTED APPLICATIONS

Deflavoured 100 Flours · Deflavoured V-6000 Flours

Can be used as an ingredient in pasta, snack, bakery, savoury, soup, meat, petfood and dairy applications.

DEFLAVOURED PROTEINS

Can be used to replace animal-based and other allergenic proteins in select applications, including pasta, snack, bakery, savoury, soup, meat, petfood and dairy applications.

PROTEINS, VEGETABLE PROTEINS AND FIBRE

COMPLETE PROTEIN SOLUTIONS WITH LOW CARB FORMULATIONS

AGT Foods is a leading producer and supplier of ingredient flours, proteins, fibers and starches derived from pulses for premium food markets and food companies around the globe. Our diverse portfolio of pulse ingredients includes PulsePlus™ protein, which provides nutritional benefits including protein fortification, low carbohydrate formulation, and complete protein solutions.

PulsePlus™ protein is a fine powdered material made from the milling of dehulled pulses, created without the use of any processing aids or chemical compounds. PulsePlus™ protein is a food grade ingredient used to increase the protein content of foods and may be complemented by cereal protein sources to create complete protein products.

PulsePlus™ protein offers quality solutions with a high-quality amino acid profile. The blending, water absorption and emulsification properties of pulse protein make it an excellent natural, functional solution for any food formulation.

In addition to its portfolio of nutritious pulse ingredients, AGT Foods features a technical team with the expertise to help manufacturers develop unique food solutions.

Create what markets demand. Contact AGT Foods to learn how our portfolio of PulsePlus™ protein and pulse ingredients can improve your formulated food products.

Proximate analysis of PulsePlus™ protein products

PULSE	Pea Protein 55		Lentil Protein 55		Faba Bean Protein 60		Pea Protein 80	Lentil Protein 80	Pea Protein 85	Faba Bean Protein 90
Variety	Reg.	Deflav.	Reg.	Deflav.	Reg.	Deflav.	Isolate	Isolate	Isolate	Isolate
Moisture (%)	≤8.0	≤10.0	≤8.0	≤10.0	≤9.0	≤10.0	≤10.0	≤10.0	≤10.0	≤10.0
Protein (%)	≥55.0	≥55.0	≥55.0	≥55.0	≥60.0	≥60.0	≥80.0	≥80.0	≥85.0	≥89.0
Starch (%)	≥4.0	≥2.0	≥4.0	≥2.0	≥2.0	≥2.0	≤3.0	≤3.0	≤3.0	≤2.0
Dietary Fibre (%)	≤15.0	≤15.0	≤14.0	≤14.0	≤15.0	≤15.0	≤4.0	≤4.0	≤4.0	≤2.0
Fat (%)	≤4.0	≤4.0	≤4.0	≤4.0	≤4.0	≤4.0	≤10.0	≤10.0	≤10.0	≤8.0
Calories (Kcal/100g)	455	380	450	380	450	385	390	390	400	400
Colour	Light Yellow		Light Yellow		Light Cream		Light Yellow/Beige		Light Yellow	
Natural	Yes		Yes		Yes		Yes	Yes	Yes	Yes

Veggipasta™

ALL PEAS. ALL PASTA.

AGT Foods is proud to introduce **Veggipasta**™, premium pasta made from only one ingredient: **peas.**

AGT FOODS

AGT Foods is a leading producer and supplier of ingredient flours, proteins, fibres and starches derived from pulses for premium food markets and food companies around the globe.

Our diverse portfolio of pulse ingredients includes **Veggipasta**, premium pasta made from only one ingredient: peas.

Value Proposition

- Single ingredient formulation—100% dry peas
- Non-GMO, vegan and gluten-free
- "Kid-friendly" taste and texture, like traditional pastas
- Made in the United States
- Addresses consumer desires for healthier meal options

Potential Applications

- Retail, food service and industrial applications
- Maintains integrity even after extensive cooking
- Retort stable
- Superior in frozen meal applications

Multiple shapes available upon request

MADE IN USA

Nutrition Facts

6 servings per container

Serving size	2 oz (56g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 2mg	10%
Potassium 182mg	6%

Veggipasta

Pasta made from only one ingredient: **peas**

AGT Foods is a leading producer and supplier of ingredient flours, proteins, fibres and starches derived from pulses for premium food markets and food companies around the globe. Our diverse portfolio of pulse ingredients includes **Veggipasta**, premium pasta made from only one ingredient: peas.

Veggipasta, made from milled dry yellow peas, is formulated using a proprietary process without the use of any processing aids or chemical compounds. Veggipasta is a delicious dry pasta, suitable for retail, food service and industrial applications. Veggipasta is gluten-free and non-GMO, making it suitable for all diets.

With its unique characteristics, including its texture that imitates traditional dry pastas and ability to maintain integrity after extensive cooking and in frozen meals, Veggipasta is an excellent alternative for manufacturers looking to increase their alternative offerings to health-conscious consumers.

In addition to its portfolio of nutritious pulse ingredients and formulations, AGT Foods features a technical team with the expertise to help manufacturers develop unique food solutions.

Create what markets demand. Contact AGT Foods to learn how Veggipasta can improve your food products.

Value Proposition

- Single Ingredient Formulation
- Non-GMO
- Gluten-Free
- Neutral Taste
- Excellent Texture

Applications

- Retail, food service and industrial applications
- Maintains integrity even after extensive cooking
- Retort stable
- Superior in frozen meal applications

Nutrition Facts

6 servings per container

Serving size	**2 oz (56g)**
Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 40g	**15%**
Dietary Fiber 3g	**11%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 8g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 2mg	10%
Potassium 82mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TEXTURISED PULSE PROTEIN (TPP)

Veggicrumb™

ALL PEAS. ALL CRUMB.

AGT Foods is proud to introduce **Veggicrumb™**, a breadcrumb replacement made from only one ingredient: **peas.**

AGT FOODS

AGT Foods is a leading producer and supplier of ingredient flours, proteins, fibres and starches derived from pulses for premium food markets and food companies around the globe.

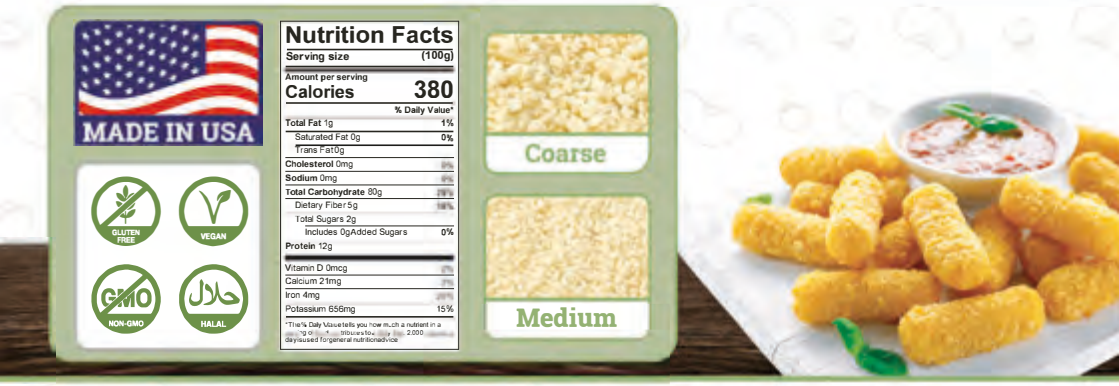
Our diverse portfolio of pulse ingredients includes **Veggicrumb**, a premium breadcrumb replacement made from only one ingredient: peas.

Value Proposition

- Single ingredient formulation—100% dry peas
- Non-GMO, vegan and gluten-free
- "Kid-friendly" taste and texture
- Made in the United States
- Addresses consumer desires for gluten-free foods

Potential Applications

- Retail, food service and industrial applications
- Replaces breadcrumbs in breaded food applications (chicken, fish, vegetables, etc.)
- Retains texture after frying
- Excellent water absorption as a binder in ground meat applications (sausage, burgers, etc.)



From Producer to the World™

TEXTURIZED PLANT PROTEIN (TPP)

CONTAINS NO SOYA

Texturized Plant Protein (TPP) is made of the protein fraction of dehulled pulses, including peas and faba beans, which has been texturized into a finished product ready for any food formulation.

TPP is a 100% plant-based solution for meat replacement and extension applications, snack foods, and other unique products for mainstream and alternative markets.

- **100% pea or faba bean protein**
- **Protein content ranging from 60-80%**
- **Clean, neutral taste compatible with all flavour profiles**
- **Meat-like texture and appearance**
- **Sustainable**
- **Available in a variety of particle sizes to fit any application**
- **Water and oil retention**
- **Low in fat**

- **100% Plant-Based** • **Gluten-Free** • **Non-GMO** • **Clean Label**
- **Cholesterol Free** • **Allergen-Reduced** • **Halal** • **Kosher**

APPLICATIONS

Formed Meats
Meatballs, Burgers, Meatloaf

Sausage Style
Breakfast Sausages, Links, Hot Dogs

Ground Meats
Chili, Bolognese, "Bacon" Bits, Tacos

Meal Kits
Shelf-Stable Seasoned Meal Kits

WORLD PULSES DAY

Surprising facts about Pulses you might not know

1 Etymology

Pulse

The word pulse originates directly from the Latin *puls* meaning "thick gruel, porridge, mush."

2 Pulses vs. Legumes

Legume

refers to the plants whose fruit is enclosed in a pod.

Pulses

a subgroup of the legume family; refers only to the dried seed.

3 Crops of ancient origin

Pulses have been an essential **part of the human diet for centuries.**

The agricultural production of **beans, chickpeas & lentils** dates back to 7000 - 8000 B.C.

4 Versatile ingredient with long shelf life

Pulses can be **stored for months** without losing their high nutritional value, providing **increased food availability between harvests.**

A key ingredient

in many national and regional dishes such as:

- Baked beans
- Daal
- Chilli
- Falafel

5 Part of the vital web of biodiversity

Intercropping with pulses increases farm biodiversity and **creates a more diverse landscape for animals and insects.**

6 Foster sustainable agriculture and soil protection

The **nitrogen-fixing properties** of pulses can improve soil fertility, which improves and extends the **productivity of farmland.**

7 Highly water efficient

Water efficency of pulses compared to other protein sources:

1 kg *Lentils*	1 kg *Chicken*	1 kg *Mutton*	1 kg *Beef*
1 250 litres	**4 325** litres	**5 520** litres	**13 000** litres

8 Unexpected ally against climate change

Pulses species have a **broad genetic diversity** from which climate resilient varieties can be selected.

By producing a smaller carbon footprint **pulses indirectly reduce greenhouse gas emissions.**

9 Economically accessible and multipurpose

Farmers who cultivate pulses have the option to both **eat and/or sell their harvest.**

Pigeon peas & Bambara beans

Can be cultivated in very poor soils and semi-arid environments.

Crop residues from grain legumes can also be used as **animal fodder.**

10 A powerful superfood

Zero **cholesterol**

High content of **iron** and **zinc**

Rich in **nutrients**

Gluten free

Rich in **minerals** and **B-vitamins**

Source of **protein**

Low glycaemic index

Low fat content

Source of dietary **fibre**

Food and Agriculture Organization of the United Nations

#LovePulses #WorldPulsesDay

PULSES

GPC Global Pulse Confederation

PULSES

A HEALTHY FOOD CHOICE

Pulses (beans, peas, chickpeas and lentils) reduce the risk of chronic diseases and improve human health

800 MILLION +

people globally suffer from acute or chronic undernourishment [1]

2x

WORLDWIDE OBESITY HAS MORE THAN DOUBLED SINCE 1980 [7]

#1

CARDIOVASCULAR DISEASES ARE THE NUMBER 1 CAUSE OF DEATH GLOBALLY

9%

IN 2014 THE GLOBAL PREVALENCE OF DIABETES * WAS ESTIMATED TO BE 9% AMONG ADULTS [10]

70%

THE NUMBER OF NEW CANCER CASES IS EXPECTED TO RISE BY ABOUT 70% OVER THE NEXT 2 DECADES [11]

Pulses can help **IMPROVE NUTRITION**, in just one cup, pulses can provide you with... [2]

THE HEALTH BENEFITS OF PULSES

Fe	K	Mg	Zn	B^1	B^3	B^9
IRON	POTASSIUM	MAGNESIUM	ZINC	THIAMIN	NIACIN	FOLATE

Pulses are PACKED with essential micronutrients and vitamins

Pulses are an alternative for the **1 IN 133 PEOPLE** who sufer from Celiac disease or gluten intolerance

Pulses have an important role in **HELPING COMBAT** leading global health issues

- REDUCED RISK OF HEART DISEASE
- REDUCED RISK OF CANCER [4]
- DIABETES PREVENTION AND CONTROL [3]
- CHOLESTEROL REDUCTION [5]
- ANAEMIA PREVENTION [6]
- WEIGHT MANAGEMENT & LOSS

PULSES

AGT FOODS AFRICA

KABULI CHICKPEA

Kabuli' chickpea is lighter coloured, larger and with a smoother coat. These chick- peas can be cooked and eaten cold in salads, cooked in stews, ground into flour, ground and shaped in balls and fried as falafel.

Chickpeas are a nutrient dense food, providing rich content of protein, dietary fibre, folate and certain dietary minerals.

PULSES

DESI CHICKPEA

Desi Chickpeas are smaller, angular seeds with thick seed coats that range in colour from light tan and speckled to solid black. This type of Chickpea is mainly grown in India, Bangladesh, parts of Pakistan, Ethiopia, Mexico, and Iran.

Desi Chickpeas are the most widely grown under dry land.

CHANA DAHL

A traditional staple of the Far East, Chana Dahl is increasingly becoming a popular dish in the West because of its high protein and fibre content and incredibly low glycaemic index rating, making it an excellent part of a healthy diet.

Chana Dahl is prized for its sweet taste, smooth texture and usefulness in cooking.

RED SPECKLED SUGAR BEANS (CRANBERRY / BORLOTTI BEANS)

The red speckled beans commonly known as the sugar bean is a legume. It is grown for its seed, which is eaten as a vegetable.

It has a high soluble fibre content. Soluble fibre absorbs water in the stomach, forming a gel that slows down the absorption of the bean's carbohydrates.

WHITE KIDNEY BEANS

These large white beans have a firm creamy texture and mellow flavour when cooked. The high fibre content prevents blood sugar levels from rising too rapidly after a meal, making them an excellent choice for individuals with diabetes, insulin resistance or

hypoglycaemia.

Kidney beans are also fat free and when combined with whole grains such as rice are a good source of protein.

SMALL WHITE BEANS
(HARICOT / NAVY BEANS)

Navy beans are pea-sized white beans which can , be used in a variety of dishes. This food happens to be extremely nutritious, being typically high in both protein and fibre.

Beans often have large amounts of trace materials such as magnesium as well, making them an excellent dietary supplement.

MASKAM BEANS
(LAPPIES BEANS)

Maskam beans was originally grown in the Western Cape, Southern Africa. It is a medium size, oval shape bean. Half of the beans are white and the other half has a unique brownish / red colour. The beans are renowned for their short growing season and their adaptability to hot climate. When cooked, the Maskam beans have a unique texture to make bean soup and other dishes.

BLACK EYED BEANS

Black eyed beans are small, creamy textured beans with a black “scar” where they were joined to the pod. Despite differences in colour and taste all legumes have a similar nutritional value.

A serving of beans contains no cholesterol, lots of complex carbohydrates and virtually zero fat. In addition, beans are a good source of B vitamins, potassium and digestive health-promoting fibre.

BLACK BEANS

An oval bean with a black skin, cream coloured flesh and a sweet flavour. The black bean has a dense, meaty texture, which makes it popular in vegetarian dishes and is also popular as a soup ingredient.

Recent research has shown that black beans provide special support for digestive tract health and particularly colons.

DARK RED KIDNEY BEANS

True to their name, these popular beans are kidney shaped and are especially good in simmered dishes where they absorb the flavours of seasonings and the other foods with which they are cooked.

Kidney beans are a very good source of cholesterol lowering fibre. In addition to lowering cholesterol, kidney bean has a high fibre content.

PULSES

From Producer to the World™

WHOLE GREEN PEAS
(ALSO AVAILABLE IN SPLIT GREEN PEAS)

Whole Green Peas are part of the legume family. Whole Peas are pale green in colour. Peas are most commonly used in their split form.

Whole Green Peas are an acceptable substitute for fresh peas today.

YELLOW SPLIT PEAS

Yellow split peas are dried, de-hulled, and split field peas, valued for their mild, earthy flavour and quick cooking time. They are a versatile legume, commonly used in soups, stews, and curries, and are a good source of protein, fibre, and various vitamins and minerals.

RED SPLIT LENTILS

Red split lentils are made from removing the outer skin of a red football lentil and splitting it in two. They in fibre and protein and are very quick and easy to cook.

Split lentils become very mushy when cooked and do not retain their shape. They are most popular used in Indian cuisine to make Dahl.

Unlike dried beans and peas, there is no need to soak them before cooking.

WHOLE BROWN LENTILS
(ALSO KNOWN AS RED OR BLACK LENTILS)

Lentils are legumes that have a rich nutty flavour and are much quicker to cook than any other legumes as they do not require soaking.

Lentils are highly nutritious and are a good source of fibre, B vitamins and protein and are also a low GI food.

Lentils are extremely versatile, absorb flavours well and they make an excellent meat extender.

WHOLE GREEN LENTILS
(ESTON'S AND LAIRD LENTILS)

Green Eston Lentils are pale green, slightly speckled, lens shaped legumes that are known for their easy preparation, earthy flavour and high protein content. They hold a firm texture that holds its shape and have a robust, peppery flavour.

MUNG BEANS

Mung beans are part of the legume family and are a good source of protein When sprouted, Mung bean contain vitamin C, not found in the bean itself. Mung beans are also high in fibre, contain no cholesterol and have a low glycaemic index. Due to the wide range of nutrients contained in Mung beans, they offer a whole host of health benefits for the immune system, the metabolism, the heart and other organs. Mung beans can be eaten sprouted, cooked, or ground to make flour.

ADZUKI BEANS

Adzuki beans, also called azuki or aduki, are a small bean grown throughout East Asia and the Himalayas. Though they come in a range of colours, red adzuki beans are the most well-known. Adzuki beans are linked to several health benefits, ranging from heart health and weight loss to improved digestion and a lower risk of diabetes. Plus, they are easy to incorporate into a variety of dishes.

SUPERFOODS

From Producer to the World™

MACA ROOT

Maca Root boosts energy and has hormone balancing properties, it is also known to decrease adrenal fatigue. Maca has an oxygenating effect on the blood. Maca Root contains 20 essential amino acids and 60 phytochemicals, including, Omega 3 and 6. It is also known to increase sexual function.

RAW CACAO POWDER AND NIBS

Cacao has a high source of flavanoids and is a powerful antioxidant. It contains a high source of theobromine for antidepressive properties. Included are sources of magnesium for the decrease risk in osteoporosis. Cacao also reduces the risk of blood clots and increases the flow of blood to the arteries, lowering blood pressure and boosts cognitive performance.

HEMP HEARTS (DE-HULLED HEMP SEED)

This superfood is an easily digestible protein, builds and repairs muscle tissue and support the immune system. Hemp also supports digestive and colon health.

RICE

RICE IS THE GRAIN THAT FUELS THE WORLD

What would we do without rice? Most cuisines of the world are cooking rice in one way or another - from sushi to arroz con pollo, rice puddings to paella, and dolmas to dirty rice and jambalaya. We're also drinking our fair share of rice - in sake, horchata, rice milk, and beer. All told, we humans get more than 20% of our calories from this mini but mighty grain.

There are many varieties of rice - white rice, brown rice, short-grain rice, long-grain rice - and different ways to cook rice - stovetop, rice cooker,
multi -cooker (Instant Pot), microwave, and oven baked.

PARBOILED RICE

Mostly imported from Thailand, known for its long grains, but also smaller quantities from India, America, and the South Americas. Parboiled rice, also called converted rice, is incredibly nutrient-dense. During processing, manufacturers soak and steam the rice kernels under intense pressure. Many of the nutrients

from the rigid outer hull go right in to the inner part of the kernel, and the hull falls off. The end result, parboiled rice, is packed with plenty of vitamins and minerals and is very low on the glycemic index

BASMATI

(BROWN, SELLA AND RAW BASMATI)

This Indian variety is known for its long, thin kernels and cooks loose and fluffy, with superior taste and aroma.

JASMINE

This fragrant rice from Thailand is very tender and has an appealing taste and aroma. Once cooked, it has a sticky texture and is very popular in Asian dishes.

BLACK RICE / WILD RICE

Black rice has a similar amount of fibre to brown rice and, like brown rice, has a mild, nutty taste. Compared with other types of rice, black rice is one of the highest in protein. While many whole grains contain gluten, black rice is a nutritious, naturally gluten-free option that those on a gluten-free diet can enjoy.

RISSOTO RICE

Cultivated for centuries in the fertile fields of Arborio in Italy, this short-grain rice offers a firm, creamy, and chewy consistency ideal for use in risotto and is equally delicious when used in rice pudding. Risotto rice refers to a specific type of rice, typically short grain, used to make the Italian dish risotto. It's characterized by its high starch content, which releases during cooking to create a creamy, velvety sauce.

SUSHI RICE

Sushi rice is short-grain Japanese rice, typically of the Japonica variety, that is cooked and seasoned with a vinegar-based mixture. The key to good sushi rice lies in its texture and its ability to hold its shape when rolled, but also to fall apart easily in the mouth. It is not just a type of rice, but rather a preparation method, where the cooked rice is combined with vinegar, sugar, and salt.

SPICES

- Aniseed Ground
- Aniseed Star
- Aniseed Star Ground
- Aniseed Whole
- Bay Leaves Semi Select
- Bell Peppers Green 3 x 3
- Bell Peppers Green 9 x 9
- Bell Peppers Red 3 x 3
- Bell Peppers Red 9 x 9
- Caraway Ground
- Caraway Whole
- Cardamon Ground
- Cardamon Whole
- Cassia Ground
- Cassia Kibbled 3 - 8mm
- Cassia Tbc
- Cassia Vera A Cut 8cm
- Cayenne Powder
- Celery Ground
- Celery Seed
- Chilli Birds Eye Ground
- Chilli Birds Whole
- Chilli Pizza Cut
- Chives Tubular
- Chives Tubular 3x3
- Cloves Ground Pure
- Cloves Stem Ground
- Cloves Whole
- Coriander Coarse *
- Coriander Ground *
- Coriander Whole *
- Cumin Ground
- Cumin Whole
- Fennel
- Fennel Ground
- Fenugreek Ground
- Fenugreek Seeds
- Garlic Granules 16 - 26mm
- Garlic Granules 40 - 60 Mu
- Garlic Granules 8-12 Mu
- Garlic In Brine
- Garlic Powder Chinese
- Ginger Coarse
- Ginger Ground
- Ginger Slices
- Mace Powder
- Mixed Spice
- Mustard Seed Black
- Mustard Seed Yellow
- Nutmeg Powder
- Onion Dehydrated Chopped 3-5mm
- Onion Kibbled Dehydrated
- Onion Powder
- Onion Ring Spring 5 x 5
- Paprika Flakes
- Paprika Powder 140 Asta
- Paprika Powder 80 Asta
- Pepper Black 1/4 Cracked
- Pepper Black Blend
- Pepper Black Pinhead
- Pepper Black Pure Ground
- Pepper Black Whole
- Pepper White Blend
- Pepper White Ground Pure
- Pepper White Whole
- Pimento Ground
- Potato Granules Mashed
- Potato Complete Puree
- Turmeric Powder Dark Yellow
- Turmeric Powder Bright Yellow
- Veggies-Carrot Granules 10 x 10
- Veggies - Chinese Cabbage 10 x 10
- Veggies-Potato Granules 10 x 10
- Veggies-Pumpkin 10 x 10
- Veggies-Red Beet 6 x 6 x 6

*Roasted

AGT Foods - In House – Milling and Blending

Crafted with integrity and delivered with confidence.

At the heart of our operations lies a deep respect for nature's finest ingredients and an uncompromising commitment to food safety. In our FSSC 22000-certified facility, we mill and blend premium herbs and spices to meet the highest global standards.

Every batch is a testament to precision, purity, and passion — delivering flavour you can trust, with quality you can trace. Proudly rooted in South Africa, we partner with food brands, manufacturers, and culinary innovators across the continent to elevate taste — safely, consistently, and sustainably.

- ***From flakes to granules to powders – we offer a wide range of expertly cut dehydrated vegetables, tailored to your product needs and processing requirements. *Products are Seasonal***
- ***From flower to flavour, nature's colour, flavour, and function – we supply chamomile, calendula, and hibiscus flowers in expertly milled and custom-cut forms, tailored for culinary, wellness, and infusion uses."***

CAYENNE PEPPER

While the term "Cayenne" is oftentimes used chillies to refer to any ground pepper, it is actually a unique type of chilli pepper that is between four and twelve inches long, thin and features a pungent taste. If, however, you have added too much heat to the dish (and your mouth is on fire, your forehead is sweating profusely and there are tears streaming down your cheeks) the best way to neutralise the burning is to drink or eat a dairy-based product like milk or yogurt. This is because capsaicin is not water soluble so water won't bring your mouth back to normal.

CHILLI

The African Birdseye Chile is also called African devil, Monbassachile, African Chilli or Zanzibar chilli. The birds eye chilli, specifically the variety from Uganda is believed by many to be the hottest chilli that is not a member of the legendary C. Chinese species and will come at 1 00 000 - 225 000 on the Scoville Heat scale. Birds-eye Chillies have a clean flavour, but lack the complexity of some of the more popular chillies. With undertones of dry hay they have a nice bite. Commonly used in soups, stews, chicken dishes and hot sauces.

CASSIA

Cassia is also known as "true Cassia", "real Cassia" or "Mexican Cassia", is favoured by discriminating cooks in dishes like Cassia ice-cream, custards, dessert syrups, Dutch pears, steamed pudding and stewed rhubarb. Cassia balances well with vegetables and fruits such as carrots, onions, spinach apples, apricots, blueberries, cherries and oranges.

SPICES

CORIANDER

Coriander is one of the few plants that produce both a spice and a herb. Coriander has a lemony citrus aroma when freshly ground with a flavour profile that is best described as warm, nutty and spicy with hints of orange. Use coriander in bread, cakes, chicken (grilled or roasted), chilli, dukka (an Egyptian appetizer), fish, wild game and ham; especially if fresh, oranges are also called for in a recipe.

GARLIC

Granulated garlic is the one that is called for in most recipes and it can be substituted for fresh garlic, but not necessarily the texture in recipes where the flavour of garlic is called for. To achieve full flavour it takes about 20 minutes, but you can notice the taste in a much shorter amount of time. Granulated Garlic is especially good with just about anything savoury. Granulated Garlic works well in combination with most spices and herbs. Our Garlic powder is an excellent alternative for recipes that call for minced garlic and it lasts for a long time (some folks will say up to 2 - 3 years although we still prefer to replace it every 6 - 1 2 months) and just a little bit will go a long way. Made from pure dehydrated garlic our garlic powder has no preservatives or anti-caking agents.

GINGER

Ginger Root Powder is also called ground ginger or ginger powder. Ground ginger is a staple in bakers' pantries and it adds a warm, spicy flavour and aroma to baked goods. Our ginger is cultivated

in India. Ginger is frequently added to Indian dishes, and is a quintessential ingredient of Chinese, Korean, Japanese, Vietnamese and multiple South Asian cuisines, for flavouring dishes such as goat meat, seafood and vegetarian. In Arab countries ginger is combined with other spices to add flavour to couscous or slow-cooked meat dishes with fruit and tanginess. In this country, ginger is probably most recognized as a baking spice in cakes and cookies.

ONION

Granulated Onion is made from ground, dehydrated onions; typically the pungent bulb onion variety and possesses a strong odour. Because they're dehydrated, they have a long shelf life. We like to use them when we don't have fresh onions around and we can adjust the flavour a bit by adding differing amounts of the dried onion. However, at times these can also be used to give your dish a bit more assertive flavor. Granulated onions are often used in spice blends, packaged meats, canned and frozen foods.

PAPRIKA

Paprika is comparable to the sweet red bell pepper and is somewhat larger and much milder than the chilli pepper. Paprika peppers are also known as pimento peppers or sweet red peppers. Relished for its vibrant colour and mildly pungent, peppery / sweet flavour, paprika is called for in many Cajun and Creole soups and stews. Good with cheeses, chicken, duck, egg dishes, hors d'ouvres, rice, salads, smoked foods, vegetables and cottage cheese. We use it in salad dressings where it not only adds some colour, but it also works as an emulsifier (combining the oil and vinegar).

BLACK PEPPER

Our Black Peppercorns are sourced from India, Indonesia and Vietnam (depending on the time of year) and are picked when the berry hasn't fully ripened. This whole black peppercorn produces a distinctly spicy flavor which is slightly hot and biting with a mere hint of sweetness. Good with eggs, fish, pork, chicken, salads, soup, strawberries and tomatoes.

WHITE PEPPER

Both black and white peppercorns are the fruit of the pepper plant, but they are processed differently. Black peppercorns are picked when almost ripe and sun-dried, turning the outer layer black. To produce white peppercorns, this outer layer is removed before or after drying, leaving only the inner seed. White pepper is also used in some cuisines for its specific flavour. It is common in Chinese cooking. It is sometimes used in Vietnamese soups and pork dishes, as well as in many Swedish preparations.

TURMERIC

Turmeric is a central ingredient in Curry Powders and pasties, Masalas, Ras El Hanout and is also called Indian Saffron or Curcumin Turmeric. Turmeric is mostly used in savoury dishes but also makes appearances in several sweet dishes such as Sfouf cake. In India, the leaf of the turmeric plant is used in the preparation of the sweet dish patoleo where the coconut and rice flour are wrapped in the leaf. Use Turmeric with beans, chicken, eggs, fish, meat, rice and spinach.

HERBS

- Basil Ground
- Basil Rubbed / Whole
- Dill Tips
- Marjoram Whole
- Marjoram Ground
- Mint
- Mixed Herbs
- Oregano Ground
- Oregano Whole
- Parsley Ground
- Parsley Whole
- Rosemary Cut
- Rosemary Ground
- Sage Ground
- Thyme Ground
- Thyme Whole

BLENDS

- Chicken Spice
- Thai Spice
- Big gun Grill Seasoning
- Big gun Grill Boerewors
- BBQ Seasoning
- Pork Seasoning
- Lamb Seasoning
- Italian Herbs
- Lemon Pepper
- Cajun
- Meat Tenderiser
- Peri Peri
- Portuguese Chicken
- Rosemary & Garlic
- Rustic Garlic and Herb
- Salt & Vinegar
- Fish Supreme
- Curry powder
- Veggie spice
- Mushroom spice
- Pumpkin spice
- Chip/potato spice
- Fish Spice
- Mince Spice
- Rice Spice
- Steak & Chop
- Texan Steak
- Traditional Braai Mix
- Lemon & Herb
- Italian Herbs
- Potato Spice
- Garlic & Salt
- Aromate
- Rosemary & olive
- Worcester Sauce Sprinkle
- Yellow Curry Mix/Blend
- Onion Gravy
- Beef Stew
- Grill Seasoning
- Rubs
- Whte Sauce
- Smokey Biltong
- Mediterraniean Tomato Base
- Boerewors spice
- Espetada Sprinkle

From Producer to the World™

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