

# Bean Drink - the New Superfood!

**What would you say if you were told that you can drink white beans? It may not sound like the most obvious ingredient to use in a beverage, but we have discovered through research that it is possible, and that there are many health benefits and endless of possibilities with turning beans into a drink!**

Beans are high in fiber, protein, vitamins and minerals and contain almost no fat. This makes them a very healthy complement to our diets. Also, growing beans is friendly for the environment. These are some of the reasons why we should start eating more beans! However, many avoid eating them since it is not unusual to experience a bloated stomach after eating beans.

With all this in mind, we wanted to find a new way of eating beans, while trying to keep the gas-producing substances in them at a minimum. What better way than to serve them in the form of a beverage? With today's increasing health trends there is a huge variety of smoothies, juices and other healthy drinks on the market. But a drink with beans as the main component is yet to be made.

Since beans are naturally low in fat we have added rapeseed oil, consisting of different health-beneficial fatty acids, to obtain a well-balanced drink in regards to all the macronutrients; carbohydrates, proteins and fat. The drink that we have developed contains just beans, oil and water. No additives have been used, and on top of that both beans and rapeseed are grown and produced in Sweden, making the product as local as possible.

Another reason for adding oil to the drink is to help create a smooth feeling in the mouth. Since the beans contain a high amount of fibers and starch (the main component of the carbohydrates), the consistency can often be perceived as sandy, which also seem to be a reason why many people don't like to eat beans.

We have tried different methods to decrease this sandy texture, one method being removal of all the substances which give a sandy texture (some of the fibers and starch). This gives a drink that is very milk-like in both consistency and color. Another treatment was to change the structure of the fibers making them take up more water which makes the sandiness less noticeable. This method is promising since it would be optimal to keep the fibers in the drink so that the consumers benefit from the positive properties that the fibers have on health, such as preventing constipation. Another investigated method was to make a fermented bean drink with probiotic bacteria, which adds both interesting flavor and gives an even healthier beverage.

Creating new products with beans does not have to stop there; the sky's the limit! Other interesting ideas we had during the development process were to make smoothies with beans and fruits and berries that would be high in protein and fiber naturally, a bean spread or dip and even a fermented yoghurt-like bean drink. Beans don't have to be only a healthy super-food but also something really tasty!