

# Peas



Peas are a powerhouse of nutrition and strong anti-oxidants. Peas have such high-quality protein that they are now added to many meals and commercial protein products. In taste, pea tendrils microgreens are slightly sweet, with a mild bitter aftertaste, and they have a nutty undertone. The leaves have a texture similar to spinach, although not as delicate. Pea tendrils add freshness and a little crunch to dishes with rich and earthy flavors. Peas microgreens are low fat but high everything else. They contain protein, fiber, omega-3 and micronutrients. Rich in folate, carbohydrates, vitamin A, C, E, B1, B2, B3, B6.

## **HEALTH BENEFITS**

- Antioxidant
- Helps prevent stomach cancer
- Slows aging
- Prevents wrinkles
- Enhance the immune system
- Helps protect from Alzheimer
- Protects from Osteoporosis
- Contributes to regulate blood sugar level
- Prevents arthritis
- Reduces bad cholesterol
- Beneficial for weight management
- Helps keep bones healthy
- Relieves constipation
- Has anti-inflammatory properties
- <http://www.microplantsrobert.com/en/microgreens-peas.html>