

- Capriccio legumes are carefully harvested and processed to retain their texture and flavour.
- Have become an important element in cooking and can be used in a variety of ways. From meat to vegetarian dishes.
- All these legumes can be enjoyed, both hot and cold.
- All are naturally low in fat.
- Our Butter Beans have a soft texture and excellent source in fibre.
- Our Borlotti beans are tender. Try them in your next stew or in minestrone soup.
- Our Cannellini beans are a good source of protein, excellent source of fibre & are low in fat, ideal for salads, stews & casseroles.
- Our Chick Peas add flavour and texture to a world of dishes. Low GI meaning they'll keep you fuller for longer and high in fibre. It's a popular choice in most recipes, from curries and quick salads to falafels and stews.
- Our Red Kidney Beans are a valuable source of protein, they make a great alternative to red meat. And because they're low GI they'll keep you fuller for longer. A must in Mexican dish like burritos, tacos and chilli con carne.
- Our Lentils are perfect for adding straight into your favourite curries, burgers, soups for a fibre and protein boost.
- Legumes are a naturally gluten free food.



Butter Beans
400g x 12 - CAPRBIA500x12



Borlotti Beans
400g x 12 - CAPRBOR500x12



Cannellini Beans
400g x 12 - CAPRCAN500x12



Chick Peas
400g x 12 - CAPRCEC500x12



Red Kidney Beans
410g x 12 - CAPRKID500x12



Lentils
400g x 12 - CAPRLEN500x12

