

# Press Release

## Eat Yourself Healthy

### Clearspring launches Quick Cook Organic Grains & Pulses



Clearspring, the brand synonymous with authentic Japanese and Organic Fine Foods, has launched a range of convenient, appealing and nourishing grains, putting an end to endless pre-soaking.

Available in five delicious blends – **Rice Trio**, **Rice & Quinoa**, **5 Grains**, **Millet, Peas & Lentils** and **Grains & Pulses** – the new **Quick Cook Organic Grains & Pulses** are designed to provide a delicious yet healthy addition to any meal. Steam and hot air are used to precook the combination of cereals, peas and lentils and reduce cooking time by two thirds whilst retaining the nutritional content and delicious flavour.

Gone are the days when you need to soak your grains overnight and plan your meals well in advance: the range of five Clearspring **Quick Cook Organic mixes** means that you can get all of the flavour and health benefits from grains and pulses in just 10 minutes without the hassle.

An overview of 26 research trials was recently published in the *Canadian Medical Association Journal*, which found that in general one daily serving of pulses reduced cholesterol in the 1,000 people who took part. Victoria Taylor, senior dietician at the British Heart Foundation, said: *“This study supports what we know about the heart health benefits of a Mediterranean diet rich in beans, peas and lentils . . . They are low in fat and provide us with protein, vitamins, minerals and fibre.”*

Whether you are making summer salads, stir-fries or hearty thick winter soups these mixes are easy, delicious and convenient, giving you a welcome health boost. The huge variety of grains and pulses provided by the **Quick Cook Organic** range, includes **wholegrain oats**, **barley**, three types of **lentils**, **Kamut khorasan wheat**,

**emmer wheat, millet and green split peas** and three different types of **rice**; meaning that every dish you create with the **Clearspring Quick Cook Organic** range will be vibrant, colourful and packed with nutrition.

If you're short on time, but not short of ideas, reach for some **Quick Cook Organic Grains & Pulses!**

RRP: £2.79 per 250g pack

Available in independent health food stores and online at [www.clearspring.co.uk](http://www.clearspring.co.uk) from May 2014.

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**For more information on Clearspring's Quick Cook Organic Grains & Pulses or any other products in the Clearspring range, please contact Maria Dawson on 0208 479 1781 or [maria.dawson@clearspring.co.uk](mailto:maria.dawson@clearspring.co.uk)**

#### Notes to editors:

The Clearspring brand promises premium quality Japanese specialities and Organic Fine Foods that are authentic, versatile and support good health. Made to traditional recipes by master artisan producers, they bring you full, authentic flavours from some of the most exciting food cultures around the world.

Each product has a distinct flavour and quality that comes from using the finest quality ingredients and respecting local food traditions. Clearspring always works directly with its producers, building long-term partnerships of ethical trade that support sustainable organic farming and benefit local communities.



**Authentic Japanese**



**Organic Fine Foods**



**Free From Products**



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