



More *fruits*, more *forms*,  
more *possibilities*.™

# Chickpea Apple Taco Crumbles

**Plant Based Meat-Alternative**



## BENEFITS / FEATURES:

- Formulated with all-natural ingredients, perfect for clean label product solutions
- Crumbles contain no raw ingredients and can be reheated and ready to serve in minutes
- Naturally enhanced flavor. Great tasting, healthy product that is low in fat and contains fewer calories than ground meat.
- Fruit sugars present in the fruit ingredients have the benefit of aiding in surface browning — helping to achieve the brown-char-broil appearance of cooked meat.
- Ethnic flavors encourage consumers to try new products

**Plant-Based Alternatives  
are Now Mainstream**

# 36%

of meat eaters trying to  
add more plant-based  
to their diet

Source: Mintel GNPD

# Chickpea Apple Taco Crumbles

Grams or Pounds per Batch: 100				
Ingredient Description	Resource Code	Weight (g)	% By Wt	Batch Grams or Lbs
Low Sodium Garbanzo Beans - 1 can drained		256	59.81	59.81
Taco Seasoning		25	5.84	5.84
Nutritional Yeast		8	1.87	1.87
Arrowroot Starch		3	0.70	0.70
<b>TT Apple Grind 5/64"</b>	200578	45	10.51	10.51
<b>TT Fructant Fruit Powder</b>	200252	16	3.74	3.74
Texturized Vegetable Protein		25	5.84	5.84
<b>TT LM Rolled Apple Flakes</b>	201933	20	4.67	4.67
Coconut Oil		30	7.01	7.01
<b>Total</b>		<b>428</b>	<b>100.0</b>	<b>100.0</b>



5/64" Apple Grind



Fructant<sup>®</sup> Fruit Powder



LM Rolled Apple Flakes

## Batching Instructions

1. Drain and rinse garbanzo beans. Be sure there is no excess water.
2. Combine salt, pepper, spices, arrow root starch and nutritional yeast in a small bowl.
3. Combine garbanzo beans and spices together in a food processor. Chop finely but do not make a mash.
4. Add remaining ingredients and mix well. Refrigerate for 30 min
5. Spread out into cast iron skillet.
6. Bake at 350° for 15 minutes, flip and crumble mix and bake another 10-15 minutes. Be careful not to overcook as crumbles dry out easily.



For a complete list of all of our fruits, in all of their forms and endless possibilities, visit [treetoppingredients.com](http://treetoppingredients.com)

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