

Organic Adzuki Bean



The adzuki bean (*Vigna angularis*; from the Japanese 小豆 (あずき) (azuki), sometimes transliterated as azuki or adzuki, or English Red Mung Bean) is an annual vine widely grown throughout East Asia and the Himalayas for its small (approximately 5 mm) bean. The cultivars most familiar in Northeast Asia have a uniform red color, however, white, black, gray, and variously mottled varieties also are known. Scientists presume *Vigna angularis* var. *nipponensis* is the progenitor. Studies have shown that benefits our health red beans, red beans are rich in trace elements, the promotion of human health has an irreplaceable role in our lives, it can be used to make red beans red bean porridge, red bean desserts, canned beans, etc. Adzuki Beans is a kind of high-protein, low-fat, high-nutrition, multi-functional small grains, it is essential to people's lives. Some trace elements in coarse grains are more abundant than refined grains, regular consumption will bring a different surprise. Quality red beans taste soft, slightly sweet, it can be made into a variety of delicious food, it has a high nutritional value.

Packing



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