

The invention relates to food industry. The method includes the plants' seeds roasting and grinding. As a seeds are used the seeds of the edible and feed grades of lupine related to the species of: white lupine (*Lupinus albus*), or yellow lupine (*Lupinus luteus*), or blue lupine (*Lupinus angustifolius*), selected on the base of genetically non-alkaloid r mutants, at that the seeds are roasted up to the dark brown colour, and then grind to the particles size of 0.8 – 1.5 mm.