



Banana Lentil Muffins

INGREDIENTS

1 egg, slightly beaten
½ cup canola oil
½ cup granulated sugar
1 cup bananas, mashed
1 cup lentil puree*
1 tsp vanilla extract
1 1/3 cup whole wheat flour
1 tsp baking soda
1 tsp baking powder
1 tsp. pumpkin pie spice
½ cup raisins

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. In a bowl, combine egg, canola oil, sugar, bananas, lentil purée and vanilla. Mix well.
3. In another bowl, mix together flour, baking soda, baking powder and raisins. Stir into egg mixture until just combined.
4. Spoon batter into greased muffin tins filling about 2/3rds full.
5. Bake for 15-20 minutes or until a toothpick inserted into center comes out clean. Cool and remove from muffin tins.
6. Makes 12 to 15 muffins

- *Lentil Puree: In a food processor, place cooked lentils (or rinsed and drained canned). For every cup (250 mL) of cooked lentils, add $\frac{1}{4}$ cup (60 mL) water. Blend until smooth. Lentil puree has a similar consistency to canned pumpkin. Add additional water 1 tablespoon (15 mL) at a time if more moisture is needed. Store in the refrigerator for up to 3 to 4 days, or freeze for up to 3 months.
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