



Lentil Apple Muffins

Ingredients

1/4 cup red lentils

1/4 cup canola oil

2 large eggs

1 cup sour cream

2 Tbsps milk

1 1/2 cups (180 grams) all-purpose flour

1 cup (115 grams) whole wheat flour

3/4 cup (160 grams) light brown sugar

1 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon cinnamon

1/4 teaspoon allspice

1 cup peeled, finely chopped apples

3 tablespoons rolled oats

Directions

- Preheat oven to 400°F. Prepare muffin tins (coat with shortening, or use paper muffin cups) for approximately 16 to 18 muffins.
- Rinse the lentils and put into a small saucepan along with ¾ cup of water. Bring to a boil over high heat, then reduce the heat to medium-low and cook until the lentils have absorbed all the water and are very soft, 10-15 minutes.
- Transfer the lentils to a food processor. Add 1 tablespoon of water and process until smooth. Transfer lentil puree to a large mixing bowl.
- In a separate mixing bowl, whisk together both flours, brown sugar, baking soda, salt, cinnamon,

and allspice and set aside.

- Whisk canola oil into the lentil puree until smooth. Add the eggs, sour cream and milk and whisk to thoroughly combine.

- Add the flour mixture into the wet ingredients. Gently mix until almost combined. Add apples. Stir until apples distributed into mixture.

- Fill each muffin cup about three-quarters full and sprinkle the tops of each muffin with oats or crumb topping (see Recipe Notes below). Bake until a toothpick inserted into the center of a muffin comes out clean, 15-20 minutes. Cool on wire rack for five minutes before removing from tins.

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