

# BANANA LENTIL MUFFINS

## INGREDIENTS *(For 12)*

- 1 tbsp ground flax meal + 2 ½ tbsp water
- 1 tbsp chia seed + ¼ cup water
- ¾ cup canned rinsed brown lentils + ¼ cup water
- 1 1/3 cups whole wheat flour
- 1 tsp baking soda
- 1 tsp baking powder
- Pinch of salt
- ¼ cup canola oil
- ½ cup sugar
- 1 cup mashed, ripe bananas
- 1 tsp vanilla extract

## INGREDIENTS *(Class Size: 24)*

- 2 tbsp ground flax meal + 5 tbsp water
- 2 tbsp chia seed + ½ cup water
- 1½ cups canned rinsed brown lentils + ½ cup water
- 2 2/3 cups whole wheat flour
- 2 tsp baking soda
- 2 tsp baking powder
- 2 pinches of salt
- ½ cup canola oil
- 1 cup sugar
- 2 cups mashed, ripe banana
- 2 tsp vanilla extract



## DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit and place muffin liners in a standard, 2.5" muffin tin.
2. Make the flax egg replacer by adding the water to the flax and mixing with a spoon.
3. Make the chia gel by adding the water to the chia and mix with a spoon
4. Allow both the flax egg replacer and chia gel to thicken for at least 5 minutes.
5. Make the lentil puree by adding rinsed, canned brown lentils and the water to a blender or food processor and puree until smooth. Set aside.
6. In a medium-large bowl, combine flour, baking soda, baking powder, salt and whisk.
7. In a separate medium-large bowl, combine the chia gel, flax gel, lentil puree, sugar, canola oil, mashed bananas, and vanilla.
8. Add the wet ingredients to the dry ingredients and combine the wet and dry ingredients with a spatula or wooden spoon being careful not to overmix.
9. Add 3 tablespoons of batter to each muffin liner and bake for 20-25 minutes, or until the toothpick comes out clean.

### COOKING TIP

Using a portion scoop will save you lots of time when baking muffins. Simply scoop and press the release lever for the perfect muffin shapes and sizes without worrying about running out of batter. For standard muffins, try a #20 scoop (3 tablespoons).

### FACT

Lentils are high in protein, fibre, potassium, and folate which make them a great addition to a heart healthy diet.