

Lentil Brownies

Servings 18

Ingredients

1/2 cup canola oil

1/2 cup lentil puree*

3/4 cup cocoa

2 cups sugar

3/4 tsp salt

3 eggs

1 tsp vanilla

1 cup flour

↳ (1/2 cup white flour, 1/2 cup oat flour**)

1 cup chocolate chips

1 cup walnuts (optional)

3 tbsp espresso powder (optional)



Instructions

1. Mix oil, lentil puree, cocoa, sugar and salt.

Add eggs, one at a time. Mix in vanilla, flour, chocolate chips and (walnuts and espresso powder).

2. Cover pan with foil to avoid brownies being overcooked

on the edges, but soft in the centre. Bake in a greased 13 x 9 pan at 350°F (175°C) for 25-35 minutes or until toothpick inserted in the centre comes out clean.

* To make the lentil puree, place cooked or rinsed and drained canned lentils into food processor. For every 1 cup of lentils, add ¼ cup of water. Blend to make smooth puree with a consistency like canned pumpkin. If needed, add additional water 1tbsp at a time.

** To make oat flour, grind up oats in food processor or blender.