Lentil Brownies

Nutrition in disguise

- Lentils are the key ingredient of this recipe.
- Lentils boost protein and are a source of soluble fibre.
- Fibre is crucial for digestive health and regular bowel movements. It helps you feel full and may improve cholesterol levels.

Nutrition facts

<table>
<thead>
<tr>
<th>Serving size: 2&quot; square (85 g)</th>
<th>Calories: 287 kcal</th>
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<tbody>
<tr>
<td>Protein: 5 g</td>
<td>Carbohydrates: 41 g</td>
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<tr>
<td>Fibre: 3 g</td>
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Makes 16 squares (2”)

**Ingredients**

1 cup canned brown lentils
3 Tbsp water
½ cup olive oil
¾ cup cocoa powder
1½ cup granulated sugar
¾ tsp salt
1 tsp vanilla extract
3 large eggs
1 cup all-purpose flour
1 cup semisweet chocolate chips

**Directions**

1. Preheat oven to 350°F.
2. In a food processor, puree lentils with water until smooth.
3. Mix lentil puree with oil, cocoa powder, sugar, salt, and vanilla extract.
4. Whisk eggs into the mixture, one at a time until evenly mixed.
5. Fold in flour and chocolate chips.
6. Line an 8” x 8” pan with parchment paper.
7. Add batter to pan.
8. Bake for 25-30 minutes, or until centre appears firm.
9. Let cool before slicing into 16 - 2” squares and serving.