

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

Serving size: 2" square (85 g)
Calories: 287 kcal
Protein: 5 g
Carbohydrates: 41 g
Fibre: 3 g

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.

