

Lentil Apple Muffins

½ cup (125mL) fry green lentils, rinsed and
1 drained
½ cup (125mL) egg
1 cup (250mL) canola oil
1 cup (250mL) milk
¾ cup (175mL) canned apple pie filling
¾ cup (175mL) whole wheat flour
1/3 cup (75mL) all purpose flour
2 tsp (10mL) packed, brown sugar
1 tsp (5mL) baking powder
1 tsp (5mL) baking soda
1/2 tsp (2mL) cinnamon
¼ tsp (1mL) salt
¼ tsp (1mL) ground allspice
nutmeg

Place lentils in a saucepan and cover with water. Bring to boil and reduce heat. Cover and simmer until lentils are tender, adding water if needed (about 40 minutes). Drain lentils and puree in food processor.

Preheat oven to 200 C (400 F). Line muffin pan with paper baking cups.

Cut any large pieces of apple in pie fillings into small pieces.

Beat egg in a large mixing bowl. Stir in oil and milk. Add 1 cup of lentil puree and the apple filling.

Combine flours, sugar, baking powder, soda, cinnamon, salt, allspice and nutmeg in a separate bowl.

Stir dry mixture into puree mixture just until flour is moistened. Spoon batter into prepared muffin tins.

Bake 15 minutes or until toothpick inserted in the centre comes out clean.