

Lentil Cheesecake

Pecan Crumb Crust:

125ml 1/2cup graham crumbs
75ml 1/3 cup finely chopped pecans
25ml 2 tbsp. margarine, melted
25ml 2 tbsp. brown sugar

Spiced Lentil Filling:

500g 16oz. low-fat cream cheese
50ml 1/4 cup brown sugar
50ml 1/4 cup granulated sugar
2 2 eggs
250ml 1 cup Laird Lentil puree
5ml 1 tsp. cinnamon
1ml 1/4 tsp. nutmeg
1ml 1/4 tsp. pumpkin pie spice
15ml 1 tbsp. 1% milk
7ml 1 1/2 tsp. cornstarch

Orange Cream Cheese Icing: (Optional)

250g 8oz. spreadable low-fat cream cheese
25ml 2 tbsp. icing sugar
7ml 1 1/2 tsp. orange liqueur
2ml 1/2 tsp. grated orange rind

Directions:

- Combine crumbs, pecans, margarine, and sugar. Press into and up the sides of a 20cm (8") springform pan. Chill.
- Preheat oven to 180C (350F)
- To prepare filling, with electric mixer, beat cream cheese and sugars until smooth. Beat in eggs, 1 at a time until just blended. Beat in remaining ingredients. Pour into pan.
- Bake 45 minutes, until center is just set.
- Remove cake from oven; run a knife around the edge to loosen it from the pan. Cool at room temperature.
- Beat all icing ingredients together. Spread over cooled cake. Cut into 12 wedges.

*At the Trade Reception we used mini pie cups instead of making a crust. We did not use icing either.
Recipe Courtesy of *Discover the Pulse Potential*.

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Lentil Rhubarb Strawberry Crisp

250ml	1 cup	all-purpose flour
250ml	1 cup	rolled oats (not instant)
125ml	½ cup	brown sugar
125ml	½ cup	margarine (melted)
5ml	1 tsp.	cinnamon
500ml	2 cups	cooked Rose lentils
250ml	1 cup	diced frozen rhubarb
250ml	1 cup	sliced frozen strawberries
125ml	½ cup	granulated sugar
25ml	2 tbsp.	cornstarch
250ml	1 cup	water
5ml	1 tsp.	vanilla

- Preheat oven to 180C (350F)
- In a bowl, combine flour, oats, brown sugar, margarine, and cinnamon. Mix thoroughly.
- Press half the mixture into a 20cm (8" square) nonstick pan. Reserve a remainder for topping
- In a bowl, combine lentils, rhubarb, and strawberries. Mix well. Spread over crumb base.
- In a medium saucepan, combine sugar and cornstarch. Stir in water. Cook over medium heat, stirring constantly until clear. Add vanilla. Pour over lentil mixture and top with remaining crumbs.
- Bake 60 minutes. Cool slightly and cut into 9 pieces.
- 9 servings

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Gluten-Free Bean Brownies

125ml	½ cup	bean flour
5ml	1tsp.	baking powder
1ml	¼ tsp.	salt
125ml	½ cup	butter
150ml	2/3 cup	sugar
	3	squares unsweetened chocolate, melted
	3	eggs
5ml	1 tsp.	vanilla
175ml	¾ cup	chopped walnuts

- Preheat oven to 180C (350F)
- In a small bowl, combine flour, baking powder, and salt. Set aside. In a medium bowl, beat together butter and sugar until fluffy with an electric mixer.
- Melt squares of chocolate on low in microwave or in the top of a double boiler.
- Beat in the chocolate, followed by the eggs, vanilla, and dry ingredients. Stir in half of the nuts.
- Spread in a greased 23cm (9") square pan. Sprinkle with remaining nuts.
- Bake for 20-25 minutes.
- Cool and cut into squares and dust with cocoa powder.

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