

Lentil Fudge Pie

High in protein and fibre! Great for kids – they won't even know there are lentils in this dessert!

Crumb Crust:

175ml ¾ cup graham crumbs
45ml 3 tbsp. melted margarine
10ml 2 tsp. granulated sugar

Fudge Filling:

50ml ¼ cup cocoa
50ml ¼ cup melted margarine
125ml ½ cup granulated sugar
125ml ½ cup corn syrup
5ml 1 tsp. vanilla
3 eggs, separated
375ml 1 ½ cups Laird Lentil puree

- Preheat oven to 180C (350F)
- In a bowl, combine crumbs, margarine, and sugar. Press into 23cm (9") pie plate. Chill.
- In a bowl, combine cocoa and margarine. Mix well. Add sugar, syrup, vanilla, and egg yolks. Beat together with electric mixer for 2 minutes on medium speed. Fold in lentil puree.
- In another bowl, beat egg whites until stiff. Fold in lentil puree mixture. Turn into pie shell.
- Bake 40 minutes, or until knife inserted comes out clean.
- Remove and cool thoroughly. Refrigerate.
- Use a wet knife to slice pie into 12 wedges.
- 12 servings