

Banana Lentil Muffins

1 egg, slightly
½ cup (125mL) beaten
½ cup (125mL) canola oil
1 cup (250mL) sugar
1 cup (250mL) bananas, mashed
1 tsp (5mL) lentil puree*
1 1/3 cup (325mL) vanilla
1 tsp (5mL) whole wheat flour
1 tsp (5mL) baking soda
½ cup (125mL) baking powder
raisins

Preheat oven to 200 C (400 F)

Combine egg, oil, sugar, bananas, lentil puree, and vanilla. Mix well.

Mix together flour, baking soda, baking powder and raisins. Stir into egg mixture only until combined.

Spoon into greased muffin tins 2/3 full.

Bake for 15-20 minutes.

**Lentil Puree*

1 cup (250mL) lentils, washed
2 ½ cup (625mL) water

Place washed, drained lentils in a medium pot and cover with water. Bring to a boil and reduce heat. Cover and simmer until tender for 40-50 minutes.

Drain lentils reserving the stock. Blend stock with the lentils to make a smooth puree (consistency of canned pumpkin)

Makes two cups.