

Cranberry Lentil Muffins

½ cup (125mL) cooked Laird Lentils
¼ cup (50mL) orange juice
2 cup (500mL) all purpose flour
1 tbsp (15mL) baking powder
½ tsp (2mL) salt
½ tsp (2mL) cinnamon
½ tsp (2mL) ground allspice
½ tsp (2mL) pumpkin pie spice
1 cup (250mL) cooked laird lentils
½ cup (125mL) honey
¼ cup (50mL) orange juice
1/3 cup (75mL) canola oil
2 eggs
14 oz (398mL) coarsely chopped cranberries

Preheat oven to 200 C (400 F)

In a blender, combine first quantities of lentils and orange juice. Puree until smooth.

Sift together flour, baking powder, salt, cinnamon, allspice, and pumpkin pie spice.

In a separate bowl, mix together lentil puree, remaining lentils, orange juice, honey, oil, eggs and cranberries. Add to dry mixture, stirring only until dry ingredients are moistened. Spoon mixture into paper-lined medium-sized, muffin cups filling $\frac{3}{4}$ full.

Bake 20-25 minutes or until toothpick inserted in the centre comes out clean.

Makes 18 servings