

Banana Lentil Muffins

Yields: 12 muffins
Serving size: 1 muffin



Ingredients

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

Directions

- Preheat oven to 400°F (200°C).
- In a bowl, combine egg, canola oil, sugar, bananas, lentil purée and vanilla. Mix well.
- In another bowl, mix together flour, baking soda, baking powder and raisins. Stir into egg mixture until just combined.
- Spoon batter into greased muffin tins filling about 2/3rds full.
- Bake for 15–20 minutes or until a toothpick inserted into center comes out clean. Cool and remove from muffin tins.
- *Lentil Puree: In a food processor, place cooked lentils (or rinsed and drained canned). For every cup (250 mL) of cooked lentils, add ¼ cup (60 mL) water. Blend until smooth.

Lentil puree has a similar consistency to canned pumpkin. Add additional water 1 tablespoon (15 mL) at a time if more moisture is needed. Store in the refrigerator for up to 3 to 4 days, or freeze for up to 3 months.

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Nutritional information

- Calories 220
- Total Fat 10 g
- Saturated Fat 1 g
- Cholesterol 15 mg
- Carbohydrates 29 g
- Fibre 3 g
- Sugars 15 g
- Protein 4 g
- Sodium 150 mg
- Potassium 203 mg
- Folate 40 mcg

Find out more

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