

Peanut Butter Breakfast Cookies

- 5 INGREDIENTS -



Ingredients

- 1 1/2 Cups Cooked Pureed Lentils (green or another type)
- 1 Cup Natural Peanut Butter
- 1/4 to 1/2 Cup Real Maple Syrup (honey works as well)
- 1 Tablespoon Baking Powder
- 1 Tablespoon Homemade Vanilla Extract

Directions

- Add all ingredients to the mixer and beat on low, until it starts to thicken and set a bit
- Use a small scoop and drop on a baking stone (Don't worry about spacing them out too much, they don't spread much at all)
- Bake at 350 degrees for 12 minutes, then open oven and smash them down to about 1/2' thick (using your palm or using a fork or spoon to be safe)
- Put back in the oven for another 10-15 minutes (depending on how crispy or brown you want the outside)
- NOTE: Cooking the lentils = on the stove top according to directions (usually you just add 1-2 cups of water per cup of lentils and simmer till soft) then drain and puree.
- NOTE: You can do a large batch and then freeze till you are ready to use (be sure to break up into portions so you don't have to defrost the whole thing).

Recipe from: <https://forthefamily.org/5-ingredient-secret-peanut-butter-cookies-gf-df-refined-sf/>

Find out more

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Nutrition in Action
FUEL, NOURISH, THRIVE

Power Bites



Ingredients

- A 500 mL can of brown lentils, rinsed and drained well
- 1 cup (250 mL) of peanut butter or your favorite nut or seed butter
- 1/2 cup (125 mL) of melted coconut oil
- 2 ripe bananas
- 1.5 cups of Medjool dates
- 1 teaspoon (5 mL) of pure vanilla extract
- 1/2 cup (125 mL) of cocoa powder
- 1 teaspoon (5 mL) or your favorite baking spice (all spice, cinnamon, cardamom, nutmeg, or mace)
- 2 cups (500 mL) of quick or instant oats
- 1 cup (250 mL) of pumpkin seeds
- 1/2 cup (125 mL) of dark chocolate chips

Directions

- Line a baking sheet or two with parchment or wax paper.
- Measure the lentils, peanut butter, coconut oil, bananas, dates, vanilla extract, cocoa powder, and baking spice into your food processor. Blend until smooth. Transfer the works into a mixing bowl and stir in the oats, pumpkin seeds and chocolate chips.
- Lightly oil your hands to scoop out some of the mixture. Roll into bite-sized balls and place on the baking sheet. Freeze until hard (an hour or overnight)

Recipe from: <http://www.taylornutrition.ca/blog/2016/2/28/my-crush-on-lentils>

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Lentil & Sweet Potato Tartlets



Ingredients

- 2 cups (500 mL) peeled and finely diced sweet potatoes
- 2 tsp (10 mL) canola oil
- 1 Tbsp (15 mL) honey
- 1 tsp + 1/2 tsp (7 mL) cinnamon
- 1 cup (250 mL) cooked split red lentils
- 1/4 cup (60 mL) unsalted butter, room temperature
- 1 cup (250 mL) brown sugar
- 2 large eggs
- 1 tsp (5 mL) vanilla
- 1/4 cup (60 mL) vanilla or plain yogurt
- 3 Tbsp (45 mL) all-purpose flour
- 1/2 tsp (2 mL) ground ginger
- 1/8 tsp (0.5 mL) nutmeg
- 1/4 tsp (1 mL) salt
- 18 (3 inch/7.5 cm) ready to bake, frozen tart shells
- 54 miniature marshmallows

Directions

- PREHEAT the oven to 350°F (180°C).
- TOSS diced sweet potatoes with canola oil, honey, and cinnamon. Roast until tender, approximately 15–20 minutes. Once cooked, place in a food processor with the cooked lentils. Pulse until smooth in consistency, adding 1–2 Tbsp (15–30 mL) water.
- IN a separate bowl, whisk butter with sugar until smooth. Whisk in the eggs until well combined. Add vanilla and yogurt. Whisk in pureed potato lentil mixture until smooth.
- WHISK flour, remaining cinnamon, ginger, nutmeg, and salt into potato lentil mixture until incorporated. Spoon into tart shells. Top each tart with 3 small marshmallows and bake for 25–30 minutes.

Recipe from: <https://www.lentils.ca/recipe/lentil-sweet-potato-tartlets/>

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Peanut Butter Chocolate Chip Oatmeal Bars



Ingredients

- 1/2 cup red lentils
- 1/2 cup all-natural creamy or crunchy peanut butter
- 1/3 cup pure maple syrup
- 1 tablespoon pure vanilla extract
- 1 cup gluten free rolled oats
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/3 cup mini chocolate chips, plus 2 tablespoons for sprinkling on top

Directions

- In a small saucepan, combine lentils and 1 cup of water; bring to a boil. Reduce heat, cover, and simmer for 10-15 minutes or until lentils are soft. Transfer lentils to a food processor, add a few tablespoons of water, then process until lentils are a smooth puree; set aside.
- Preheat oven to 350 degrees F. Spray 9x9 inch baking pan with nonstick cooking spray.
- Place oats in blender or food processor and process until finely ground and smooth like flour (it doesn't need to be perfect but it should take a few minutes). Transfer to a large bowl and whisk in baking soda and salt; set aside.
- In a large bowl of an electric mixer, mix together peanut butter, maple syrup, and vanilla until smooth. Add in lentil puree and mix until well combined.
- Fold in oat mixture then gently fold in 1/3 cup of chocolate chips. Pour batter into prepared baking pan and sprinkle remaining chocolate chips over the top. Bake for 20-25 minutes. Remember that you don't have to bake these completely as they are vegan, so if you like a fudgy bar don't keep them in the oven for much longer than 20 minutes! Cool brownies completely on wire rack then cut into 16 squares.

Recipe from: <https://www.ambitiouskitchen.com/peanut-butter-oatmeal-chocolate-chip-lentil-blondies-vegan-gluten-free-healthy/>

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