

ERSLENTIL APPLE MUFFINS



½ cup (125 mL) dry **green lentils***, rinsed and drained
1 egg
½ cup (125 mL) canola oil
1 cup (250 mL) milk
1 cup (250 mL) canned apple pie filling
¾ cup (175 mL) whole wheat flour
¾ cup (175 mL) all purpose flour
1/3 (75 mL) cup packed brown sugar
2 tsp (10 mL) baking powder
1 tsp (5 mL) baking soda
1 tsp (5 mL) cinnamon
½ tsp (2 mL) salt
¼ tsp (1 mL) ground allspice
dash nutmeg

PLACE lentils in a saucepan and cover with water. Bring to boil and reduce heat. Cover and simmer until lentils are tender, adding water if needed (about 40 minutes). Drain lentils and purée in food processor.

PREHEAT oven to 400°F. Line muffin pan with paper baking cups.

CUT any large pieces of apple in pie filling into small pieces.

BEAT egg in a large mixing bowl. Stir in oil and milk. Add 1 cup of lentil purée and apple filling.

COMBINE flours, sugar, baking powder, soda cinnamon, salt, allspice and nutmeg in a separate bowl.

STIR dry mixture into purée mixture just until flour is moistened. Spoon batter into prepared muffin tins.

BAKE 15 minutes or until a toothpick inserted into muffin center comes out clean.

Makes: 12 muffins

Nutritional Information (per muffin): 214 calories; 10 g fat; 4 g protein; 27 g carbohydrate; 2.2 g fibre; 16 mg cholesterol; 250 mg sodium.

