

Lentil Brownies

Serves: 9

Ingredients:

- 1 can (14 oz) lentils, drained and rinsed.
- 2 eggs
- ¼ cup oil
- ½ cup sugar
- ¼ cup cocoa powder
- ½ cup flour
- 1 tsp vanilla
- ¼ tsp salt
- ½ tsp baking powder
- ½ cup chocolate chips



Directions

1. Preheat the oven to 350°F. Grease a square baking pan.
2. Add the lentils, eggs, and oil in a blender or food processor. Blend until smooth.
3. Add the sugar, cocoa powder, flour, vanilla, salt, and baking powder. Blend until just combined.
4. Fold in the chocolate chips and pour in the greased pan.
5. Bake for 20-30 minutes. Allow to cool completely before serving.

Nutrition Tip

Lentils are a great source of fibre and plant-based protein!