

CARROT SPICE MUFFINS

Yield: 12 muffins

INGREDIENTS:

14 oz (398 ml) can low sodium brown lentils, drained
3 Tbsp hot water
 $\frac{3}{4}$ cup maple syrup
 $\frac{1}{3}$ cup avocado oil
1 egg, whisked
1 tsp vanilla extract
1 cup shredded carrots
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{2}$ cup dried cranberries
1 $\frac{3}{4}$ cup whole grain spelt flour
1 tsp baking soda
1 tsp baking powder
1 tsp ground cinnamon
 $\frac{1}{8}$ tsp ground nutmeg

DIRECTIONS:

1. Preheat oven to 350°F. Line 12 cup muffin tin with liners.
2. In a food processor fitted with the steel blade, puree lentils with hot water.
3. In a medium bowl, add pureed lentils, maple syrup, oil, egg, vanilla, carrots, walnuts and cranberries.
4. In a small bowl add flour, baking soda, baking powder, cinnamon, and nutmeg.
5. Add flour mixture to lentil mixture and incorporate until combined.
6. Scoop mixture evenly into 12 muffin cups.
7. Bake 23-25 minutes or until a toothpick inserted in centre is dry.
8. Let cool in tray for a few minutes and enjoy!

LOCATIONS:

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