

# Lentil Berry Muffins

## INGREDIENTS:

- ½ cup cooked or canned lentils
- ¼ cup quick cooking oats
- 1 ½ cups all-purpose flour
- ½ cup brown sugar
- ½ teaspoon ground cinnamon
- 1 tablespoon baking powder
- ¼ teaspoon salt
- ½ cup of milk
- 1 large egg
- ¼ cup canola oil
- 1 cup fresh or frozen berries (if frozen, do not thaw)



## DIRECTIONS:

**WASH** your hands in warm, soapy water for 30 seconds.

**PREHEAT** the oven to 350 F.

**LINE** mini-muffin cups with paper liners, enough for students and the teacher.

**WHISK** together the flour, sugar, baking powder, cinnamon, and salt in a large bowl.

**PLACE** lentils and oats in a bowl; stir in the milk, egg, and oil.

**ADD** this mixture to the dry ingredients along with the berries (with any other fruits or nuts you like). Stir just until combined (the batter will be lumpy).

**FILL** the paper-lined muffin cups and bake for 10 minutes, until golden and springy to the touch.

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