

Lentil Brownie

Recipe Yield	50 portions
Serving size	1 2 inch square
Cooking method	Bake
Cooking temperature	350F/176C
Cook time	27 minutes
Ingredient amount	Ingredient List
30 mL	Pan Coating, Spray
500 mL	Beans, Lentils Canned, drained
150 mL	Water
250 mL	Oil, Olive Extra Virgin
354 mL	Cocoa Powder, Unsweetened
1 1/2 tsp	Salt, Table
750 mL	Sugar, Granulated
6 each	Egg, Shell Large
10 mL	Extract, Vanilla
500 mL	Flour, All Purpose
500 mL	Chocolate Chips, Semi-Sweet

Preparation steps

1.	Wash hands before beginning preparation & sanitize surfaces & equipment. Preheat oven and grease baking pans.
2.	In blender, puree lentils with water until smooth.
3.	In a large bowl, combine oil, lentil puree, cocoa powder, sugar, and salt. Mix evenly.
4.	Add eggs one at a time, whisking until evenly mixed into lentil mixture. Add remaining ingredients to bowl and mix.
5.	Pour brownie mixture into greased baking pan. Bake for 27 minutes or until brownie is cooked through. Cool and serve.
6.	CCP - *Maintain <40F/4C after service for storing.

Nutrition facts for 1 serving (85 g)

Calories: 287 kcal

Protein: 5 g

Carbohydrates: 41 g

Fibre: 3 g