

LENTIL CHEWY BARS

Cuisines Collectives du Haut-Saint-Francois East-Angus, Estrie

6 portions

1 cup	Canned lentils
	Eggs
½ cup	Canola oil
½ cup	Brown sugar
½ cup	Chocolate chips
½ cup	Flour
½ cup	Wheat bran
2 cups	Oatmeal (porridge)

12 portions

2 cups
4
1 cup
1 cup
1 cup
1 cup
1 cup
4 cups

24 portions

4 cups
8
2 cups
2 cups
2 cups
2 cups
2 cups
8 cups

- Put lentils, eggs, and oil in food processor and blender.
- In a bowl, mix all dry ingredients and incorporate first mix.
- Press everything into a buttered mould and cook at 375° F, 15 to 20 minutes.
- Cut into pieces while still hot.

Advice:

Bars should be kept in freezer and may be eaten frozen or unfrozen.

Add sunflower seeds (or nuts) as desired, or dried fruit (dates, raisins, cranberries), apple sauce or banana purée.... Let your imagination go wild!

You can use canned lentils or cook them yourself. You can use less oil and sugar, and you can use whole wheat flour, as desired.

Cost per portion: \$0.25

Did you know that...

Legumes have been part of peoples' diets since prehistoric times. One of the best-known varieties in the West is the green or brown round lentil. Dried, lentils can be used to make salads and nourishing soups. Reduced to purée, they make excellent croquettes. By combining them with rice, you will have a meal complete in proteins.