

Baking with Pulses



BAKED BISCUITS



LENTIL GRANOLA BARS



LENTIL CARROT SPICE MUFFINS



SPECKLED CHOCOLATE CHIP COOKIES

Baking with Pulses

LENTIL GRANOLA BARS

Heart-healthy lentils give an extra fibre boost to these easy, tasty bars.

150 mL	shredded coconut	2/3 cup
500 mL	quick-cooking rolled oats	2 cups
250 mL	brown sugar	1 cup
75 mL	pellet-like bran cereal	1/3 cup
2 mL	cinnamon	1/2 tsp
175 mL	lentil puree*	3/4 cup
125 mL	canola oil	1/2 cup
1	egg, beaten	1
12 mL	vanilla extract	1/2 tsp
50 mL	melted semi-sweet chocolate chips	1/4 cup

Preheat oven to 350°F (180°C). Make sure rack is in centre of oven. In a medium bowl, mix coconut, oats, brown sugar, cereal, and cinnamon. Add lentil puree, oil, egg, and vanilla. Mix until dry ingredients are just moistened. Spread over a 10 1/2 x 16 (25 x 40 cm) nonstick cookie sheet. Bake 30 minutes, or until lightly browned. While bars are still warm, drizzle chocolate over top and cut into 35 bars.

*Lentil Puree: Rinse and drain a 19-ounce can of lentils. Place in food processor, add 1/4 cup hot water, and puree until the mixture is smooth, adding more water in small amounts to reach desired consistency, similar to baby food, about 5 minutes. Scrape the bowl as needed. Refrigerate or freeze unused lentil puree for your next batch!

Yield: 35 bars

Nutritional Information (per 1 bar): 137 calories; 6 g fat; 2 g saturated fat; 19 g carbohydrates; 3 g fibre; 3 g protein; 19 mg sodium; 123 mg potassium; 18 mcg folate; 1 mg iron; 17 mg calcium

SPECKLED CHOCOLATE CHIP COOKIES

It's hard to believe these delicious cookies are made with bean flour!

250 ml	black bean flour	1 cup
2 ml	baking soda	1/2 tsp
2 ml	salt	1/2 tsp
125 ml	butter, room temperature	1/2 cup
125 ml	granulated sugar	1/2 cup
50 ml	brown sugar	1/4 cup
1	egg	1
5 mL	vanilla extract	1 tsp
250 mL	semi-sweet chocolate chips	1 cup

Preheat oven to 350°F (180°C). In a bowl, stir together bean flour, baking soda, and salt. In a mixing bowl, cream together butter and the granulated and brown sugars. Beat in egg and vanilla until light and fluffy. Stir in dry ingredients until blended. Fold in chocolate chips. Drop by small teaspoonfuls 2 inches (5 cm) apart onto nonstick baking sheets. Bake in oven at 350°F (180°C) for 10-12 minutes or until golden brown. TIP: Bean flour can have strong flavours before baking; save the sampling until after the cookies are baked and flavours blend with other ingredients.

Yield: 48 cookies

Nutritional Information (per 2 cookies): 133 calories; 7 g fat; 2 g saturated fat; 16 g carbohydrates; 1 g fibre; 2 g protein; 44 mg sodium; 87 mg potassium; 24 mcg folate; 1 mg iron; 14 mg calcium



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BAKED BISCUITS

These flaky biscuits make the perfect accompaniment to soup or stew.

425 mL	all purpose flour	1 3/4 cup
15 mL	baking powder	1 tbsp
15 mL	granulated sugar	1 tbsp
dash	salt	dash
50 mL	unsalted margarine	1/4 cup
150 mL	lentil puree*	2/3 cup
150 mL	1% milk	2/3 cup

Preheat oven to 425°F (220°C).

In a bowl, combine flour, baking powder, sugar, and salt. Cut margarine into mixture and add lentil puree (still cutting) until it resembles coarse oatmeal. Add milk and fold into flour mixture until ingredients are just incorporated. Turn out dough onto a lightly floured surface and pat down to 1 1/2 - 2 inches (4 - 5 cm) thick. Cut out biscuits with a 2-inch (5 cm) cookie cutter. Dust cookie cutter with flour to help prevent dough from sticking.

Place biscuits on baking sheet at least 1-inch (2.5 cm) apart.

Bake for 14-16 minutes, or until golden. Serve immediately.

Yield: 15 biscuits

Nutritional Information (1 biscuit): 87 calories; 3 g fat; 13 g carbohydrates; 1 g fibre; 2 g protein; 32 mg sodium; 35 mg potassium; 45 mcg folate; 1 mg iron; 17 mg calcium

LENTIL CARROT SPICE MUFFINS

Lentils put a new twist on the classic carrot cake recipe.

125 ml	brown sugar	1/2 cup
175 ml	granulated sugar	3/4 cup
5 ml	vanilla	1 tsp
75 ml	canola oil	1/3 cup
2	eggs	2
250 ml	lentil puree*	1 cup
250 ml	shredded carrots	1 cup
250 ml	unbleached flour	1 cup
175 mL	whole wheat flour	3/4 cup
1 mL	salt	pinch
5 mL	baking soda	1 tsp
5 mL	baking powder	1 tsp
5 mL	each cinnamon and nutmeg	1 tsp

Preheat oven to 350°F (180°C). Spray muffin tin lightly with nonstick spray. Mix both sugars, vanilla, canola oil, and eggs in medium bowl until well blended. Add lentil puree and shredded carrots. In separate bowl, combine flours, salt, baking soda, baking powder, cinnamon, and nutmeg. Blend dry ingredients with lentil carrot mixture until fully incorporated. Pour mix into prepared muffin pan and bake at 350°F (180°C) for about 20-25 minutes. Check to see if they are done with a toothpick inserted in centre; if removed clean, they are done. Remove from oven and let cool in tray for a few minutes, remove, and let cool on cooling rack.

Yield: 12 muffins

Nutritional Information (per muffin): 244 calories; 7 g fat; 1 g saturated fat; 42 g carbohydrates; 2 g fibre; 5 g protein; 195 mg sodium; 186 mg potassium; 1 mcg folate; 2 mg iron; 38 mg calcium