

Carrot and Lentil Muffins



Looking for a creative way to incorporate legumes into your diet? Try our unique [healthy dessert recipe](#) that combines the benefits of fiber and plant proteins with the delight of carrot muffins. A tasty and nutritious way to enjoy a little treat in life.

Preparation 10 min

Cooking 40 min

Servings 12

Nutrition Facts (per serving)

Calories 140

Fat 4

Carbohydrates 22

Fibre 3

Protein 6

Sodium 30

Ingredients

- 125 ml (½ cup) dry red lentils
- 375 ml (1½ cups) water
- 180 ml (¾ cup) oats, ground into flour
- 125 ml (½ cup) almond flour

- 7.5 ml (½ tbsp) baking powder
- 2 ml (½ tsp) ground nutmeg
- A pinch of salt
- 2 large eggs
- 1 ripe banana
- 125 ml (½ cup) 0% plain yogurt
- 60 ml (¼ cup) maple syrup
- 15 ml (1 tbsp) apple cider vinegar
- 10 ml (2 tsp) vanilla extract
- 2 carrots, grated
- 60 ml (¼ cup) raisins (optional)

Icing (optional):

- 125 ml (½ cup) light cream cheese
- 15 ml (1 tbsp) maple syrup
- 2.5 ml (½ tsp) vanilla

Preparation

1. In a small saucepan, over low heat, cook the lentils in water, covered, for about 8 minutes. Drain if necessary and let cool.
2. Preheat the oven to 350°F (180°C). Grease 12 muffin cups or line them with silicone or paper liners.
3. In a bowl, mix the dry ingredients.
4. In a large measuring cup, blend the wet ingredients (except carrots) and the lentils using an immersion blender.
5. Add the wet ingredients to the dry ingredients and finish by adding the carrots and raisins, if desired. Mix well.
6. Divide the batter among the muffin cups and bake for 30 minutes, or until a toothpick comes out clean.
7. While baking, prepare the icing, if desired. Wait for the muffins to cool before applying the icing.

Notes

Keeps for 7 days in the refrigerator in an airtight container, or can be frozen for 3 months.



Flea Rochette — Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et