



Cooking in the Kitchen at Olum's

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Banana Chia Muffins

Makes 16 muffins

Ingredients:

- 1 ½ cups cooked lentils
- 2 bananas
- 2 cups white wheat pastry flour
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 2 Tablespoons chia seeds
- ¼ cup agave nectar
- ¼ cup sugar
- ½ cup vegetable or canola oil
- ½ cup vanilla yogurt
- 2 eggs

Directions:

1. Pre-heat the oven to 425° Fahrenheit.
Prepare 16 muffin tins with paper liners or non-stick cooking spray.
2. Combine the cooked lentils and bananas in a food processor until the lentils are pureed.
3. In a large mixing bowl, combine the pureed lentil mixture, white wheat pastry flour, salt, cinnamon, and baking powder. Stir to combine.
4. Add chia seeds, sugar, vegetable oil, vanilla yogurt, and eggs. Stir to combine.
5. Pour approximately ½ cup of the muffin mixture (fill the muffin tins very full) into each of the muffin tins.
Bake for 17 – 20 minutes, or until a toothpick comes out clean.
6. Cool the muffins on a cooling rack.