

# Flourless Chocolate Lentil Protein Muffins

## INGREDIENTS

- 1 can lentils, rinsed
- 3 large eggs
- 1 large over-ripe banana
- 1/4 cup honey or maple syrup
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 3 tablespoons coconut oil, melted
- 1 teaspoon pure vanilla extract
- 1/3 cup dark chocolate chips



## DIRECTIONS

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers
3. Place banana(s), lentils, eggs, honey, cocoa powder, baking soda, coconut oil, and vanilla extract into blender or food processor; cover. Blend until smooth. Add the chocolate chips and stir gently using a wooden spoon.
4. Fill muffin cups about 2/3 full
5. Bake for 10 to 15 minutes or until a toothpick comes out clean.
6. Cool completely and enjoy!

Recipe by Sarah Remmer (online source:

<https://www.sarahremmer.com/flourless-chocolate-lentil-protein-muffins/>)