



Lentil Chocolate Chip Banana Bread

Nutrition Facts (based on 8 servings): Calories 528 | Total Fat 22 g | Saturated Fat 14 g | Cholesterol 77 mg | Sodium 241 mg | Carbohydrates 78 g | Dietary Fiber 7 g | Protein 10 g

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Lentil Chocolate Chip Banana Bread

Servings: 8

Serving Size: 1 slice

INGREDIENTS

Lentils	½ cup
Water	1 ¼ cup
Unsalted butter	½ cup
Granulated sugar	1 cup
Eggs	2
Mashed bananas	1 cup
Buttermilk	4 tbsp.
Vanilla extract	½ tsp.
All purpose flour	1 ¾ cups
Baking powder	1 tsp.
Salt	¼ tsp.
Baking soda	½ tsp.
Chocolate chips	1 cup

DIRECTIONS

1. Prepare the lentil puree by adding the water and lentils into a small pot. Bring to a boil, reduce heat, cover and simmer for 45 minutes. Stir frequently. Cool and do not drain. Puree lentils with a blender or food processor. Puree should be the consistency of canned pumpkin.
2. Grease and flour 1 large loaf pan.
3. In the bowl of a stand mixer, cream butter and sugar together. Add eggs, mashed bananas, lentils, buttermilk, and vanilla until the batter is well mixed.
4. Add in the flour, baking powder, salt and baking soda. Mix until well combined. Stir in the chocolate chips. Place batter into greased and floured pan and bake at 350° for 55-60 minutes or until a toothpick comes out clean.
5. Let bread cool on a wire rack for 20 minutes.

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