Blueberry Oatmeal Lentil Muffins

Ingredients
- ¼ cup split red lentils
- ¼ cup old-fashioned (large flake) oats
- 1½ cups all-purpose flour
- ½ cup brown sugar
- 1 Tbsp baking powder
- ½ tsps ground cinnamon
- ¼ tsp salt
- ½ cup milk
- 1 large egg
- ¼ cup canola oil
- 1 cup fresh or frozen blueberries or berries of choice (do not thaw frozen berries)

Making It
1. Preheat the oven to 400°F and line 12 muffin cups with paper liners.
2. Bring the lentils and oats to a low boil in a medium saucepan with 1 cup of water for about 5 minutes. Set this aside to cool down, off the heat.
3. In a large bowl, whisk together the flour, sugar, baking powder, cinnamon, and salt.
4. Once the oatmeal and lentils have cooled to a lukewarm temperature, stir in the milk, egg, and oil (adding them when they are too hot may cause the egg and milk to curdle).
5. Add the oatmeal mixture to the dry ingredients along with the blueberries (and any other fruits or nuts you like) and stir just until combined (do not worry about getting all the lumps out of the batter)
6. Fill the paper-lined muffin cups ¾ full and bake for 20 minutes, or until pale golden brown.

NUTRITION FACTS
Servings: 12
PER SERVING
Calories (kcal): 160
Fat (g): 4.5
Carbohydrate (g): 26
Protein (g): 4
Fibre (g): 2

TIPS & HINTS
Add in your favourite fruit or nuts