



## Vegan Red Lentil Mini Bread

SERVINGS: 8

PREPPING TIME: 10 MINS

COOKING TIME: 35-40 MINS

### INGREDIENTS

- 1 1/3 cup (192 g) red lentils soaked in water for 4-5 hours or overnight
- 1 tsp. avocado oil
- 1/2 cup ground oat flour
- 2 tbsp. ground flax seeds with 1/3 cup water
- 2/3 cup unsweetened applesauce
- 1/2 cup unsweetened soy milk
- 1 tbsp. olive oil
- 3/4 tsp. salt
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. sesame seeds or other seeds, optional
- 1 tsp. poppy seeds or other seeds, optional

### DIRECTIONS

1. Soak red lentils in water for 4-5 hours or overnight.
2. Set the oven to bake at 350°F.
3. Grease and line the mini loaf pan with parchment paper and a little avocado oil.
4. Drain lentils in a strainer or colander, wash them with cold water, and set aside.
5. Mix the ground flax seeds with water and set aside.
6. Next, add applesauce, olive oil, and milk to the blender and pulse to combine the ingredients.
7. Then add the drained red lentils to the blender and the flax seeds, then pulse together to blend the mixture.
8. Add oat flour, salt, baking powder, and baking soda.
9. Add 1/4 cup extra plant milk or water if more moisture is required, and blend thoroughly for about 30 seconds to 1 minute.
10. Pour the mixture evenly into mini loaf pans and sprinkle with seeds.
11. Bake in the center of the oven for 35-40 minutes until a toothpick comes out clean.
12. Cool in the pan for 5-10 minutes, then transfer to a cooling rack.

### NUTRITION

Serving size: 1 mini bread  
(per serving) 162.1 calories, 4.6g fat, 0.6g saturated fat, 0mg cholesterol, 508.1mg sodium, 23.7g carbohydrate, 4.2g fiber, 2.3g sugar, 7.8g protein