



## **Lentil Carrot Cake**

Part of our Hidden Healthy™ collection of recipes where we show you unique ways of incorporating lentils into your food, unsuspecting to the picky eater's eye!

### **Ingredients:**

1½ cups lentil purée\*  
¾ cup canola oil  
½ cup mashed banana  
1½ cups brown sugar, packed  
2 tsp. vanilla  
1 egg  
2 cups whole wheat flour  
2 tsp. baking powder  
1 tsp. baking soda  
1 tsp. ground allspice  
½ tsp. salt  
½ cup walnuts, chopped (optional)  
1 cup carrots, finely grated

### **Procedure:**

Preheat oven to 180° C (350° F).

In a mixing bowl combine lentil purée, oil, banana, brown sugar, vanilla and egg until well blended.

In a separate bowl, combine flour, baking powder, baking soda, allspice and salt. Mix thoroughly. Beat lentil mixture a little at a time. Stir in walnuts (optional) and carrots.

Spoon into a 22 cm x 34 cm (9" x 13") non-stick baking dish. Bake 30 minutes, or until toothpick inserted in centre comes out clean.

\*Lentil Purée - Place cooked green lentils into a food processor. For every 1 cup lentils, add ¼ cup water. Blend to make a smooth purée with a consistency like canned pumpkin. If needed, add additional water 1 Tbsp. at a time.

