



A Nutrition Resource

BANANA LENTIL MUFFINS

Yield: 6 Servings

Cost/Serving: \$0.68

Ingredients:

- 1 cup red, yellow, or green lentils, *cooked*
- 3/4 cup banana, *mashed*
- 1/4 cup applesauce
- 1/4 cup honey
- 1 tsp vanilla
- 2/3 cup oats
- 2/3 cup flour, white whole wheat
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 cup chocolate chips (pr nuts or dried fruit)
- 1 egg

Directions:

1. Preheat oven to 375°F
2. Add cooked lentils and applesauce to food processor until smooth.
3. Add mashed banana, egg, honey, and vanilla and process again.
4. Add oats, flour, baking soda, and cinnamon and process until mixed.
5. Add chocolate chips (or variation) and pulse a couple times to combine.
6. Scoop into greased or lined muffin tins and bake at 375°F for 18-20 minutes or until a toothpick inserted into center comes out clean.

Nutrition Facts

6 servings per container	
Serving size	1 muffin (0.0g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 220mg	10%
Total Carbohydrate 49g	18%
Dietary Fiber 9g	32%
Total Sugars 16g	
Includes 10g Added Sugars	20%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.9mg	15%
Potassium 420mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: MT Harvest of the Month and The Lean Green Bean

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This Institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION