

Lentil Cookies w/ Chocolate Chips

Category: Desserts:Other
 Master Ref:

Yield:
 Portion:

50
 1 each

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
134 kcal	13 gm	3 gm	8 gm	54 %	15 mg	33 mg	2 gm	27 mg

Step	Amount	Ingredients
1	1 cup 2 tsp	Lentils,Dry
	3 cup 2 tbsp	Water
3	1 cup 2 tsp	Butter,Unsalted
	1 cup 2 tsp	Sugar,Brown,Light
	1 egg	Egg,Fresh,Medium
	1 cup 2 tsp	Flour,Whole Wheat
	1 tsp	Baking Soda
	1 tsp	Extract,Vanilla,Imitation
	1 cup 2 tsp	Cereal,Oatmeal,Quick
	1 cup 2 tsp	Almonds,Slivered
	1 cup 2 tsp	Walnuts,Shelled,Chopped
	1 cup 2 tsp	Chocolate Chips

- 1 Cook the lentils in boiling water for 35 minutes. Cover and leave the lid ajar. Strain lentils and crush with a fork (leave in strainer while crushing).
- 2 Preheat the oven to 375 degrees F. Grease cookie sheet.
- 3 In a bowl, cream the crushed cooked lentils, butter, and brown sugar together and then add the egg and blend. Add the flour, baking soda, and vanilla. Stir in the oats, slivered almonds, walnuts, and chocolate chips and mix well. Use a # 30 dipper to drop cookies onto the prepared baking sheet and flatten.
 Bake for 13 to 18 minutes and allow to cool on a baking rack.

Note: Butterscotch chips may be used for a change.