



Double Chocolate Cupcakes with Lentils

Recipe adapted from Lentils. For more information about Lentils, visit Lentils.ca.

Ingredients

1 $\frac{3}{4}$ cups (435 ml) all-purpose flour
1 cup (250 ml) packed brown sugar
 $\frac{3}{4}$ cup (185 ml) cocoa
1 tsp (5 ml) baking powder
1 tsp (5 ml) baking soda
 $\frac{1}{4}$ tsp (1 ml) salt
1 cup (250 ml) canned lentils, rinsed and drained (half of 1-19 oz/540 ml can)
 $\frac{1}{2}$ cup (125 ml) canola oil
2 large eggs
1 $\frac{1}{2}$ cups (375 ml) milk
2 tsp (10 ml) vanilla extract
1 tsp (5 ml) instant coffee (optional)

Instructions

Set the EGG for indirect cooking at 350°F/177°C.

In a large bowl, whisk together the flour, brown sugar, cocoa, baking powder, baking soda and salt, breaking up any lumps of brown sugar and cocoa.

In the bowl of a food processor, pulse the beans, oil, and eggs until well blended; add the milk, vanilla, and instant coffee and pulse until smooth. Add to the dry ingredients and whisk until combined.

Divide the batter among paper-lined muffin tins, filling them about $\frac{3}{4}$ full. Bake for 25 minutes, until the tops are springy to the touch. Tip them a bit in their pans to let the steam escape and help them cool. Cool completely before frosting with your choice of frostings.

Makes 18 cupcakes