



Honey Cake Muffins

Many Eastern European countries have their own version of honey cake, rich with traditions and history! This recipe uses a secret ingredient – puréed lentils – along with applesauce to create a nutritious and subtly sweet but deliciously moist and fluffy muffin version that makes a great snack or addition to a breakfast.



Serving
12 muffins



Prep
10 Minutes



Cook
15–20 Minutes



Contributer
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1½ cups All purpose or whole wheat flour
1 tsp Baking soda
1 tsp Baking powder
1 tsp Cinnamon
1 Egg
½ cup Canola oil
½ cup Honey
¾ cup Unsweetened applesauce
1 cup Puréed lentils
1 tsp Vanilla extract
½ cup Walnut pieces

1. Preheat oven to 375° F / 190° C
2. Mix the dry ingredients – flour, baking powder, baking soda, cinnamon. Set aside.
3. Mix the wet ingredients in a separate bowl – egg, canola oil, honey, applesauce, puréed lentils, and vanilla.
4. Gently mix the flour mixture into the wet mixture until just combined. Fold in the walnuts.
5. Line a 12-cup muffin tin with paper cups. Divide the batter evenly across the cups.
6. Bake for 15–20 minutes or until the tops spring back and a toothpick inserted into the centre comes out clean. Cool and enjoy.

DIETITIAN'S MESSAGE

Lentils are a great source of plant-based protein and are high in fibre (not to mention inexpensive!). To make the lentil puree, place cooked brown lentils (or drained and rinsed canned lentils) in a food processor. Add ¼ cup (60 ml) of water for every 1 cup (250 ml) of cooked lentils. Blend until smooth. The puréed lentils freeze well for the next time a muffin craving hits and is a great way to use up leftover lentils.



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