



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Delectable Lentil Brownies

Satisfy your chocolate craving with less guilt, thanks to this decadent brownie recipe featuring protein-packed lentils.





INGREDIENTS

- 4 large eggs
- 2 cups sugar
- 1 cup vegetable oil
- 2 tsp vanilla extract
- 1½ cups flour
- ½ cup cocoa powder, plus 2 tbs
- 1 tsp salt
- 1 cup chocolate chips
- 1 cup cooked large lentils (cooked 40 minutes and drained. Do not pre-soak)
- 1 cup small marshmallows

INSTRUCTIONS

1. Beat the eggs and sugar.
2. Add in the oil and vanilla.
3. Sift the dry ingredients and add to the sugar and egg mixture.
4. Stir in the chocolate chips, cooked lentils, and marshmallows.
5. Bake in a greased 9 by 13 inch pan at 350 degrees for 35 minutes.



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