



# Pulses

*baking with beans, peas, lentils & chickpeas*





Pulses are the nutritionally dense, dry, edible seeds of legumes, including peas, beans, lentils and chickpeas. Adding pulses to your baking will boost the protein, fibre, vitamin and mineral content. Pulses are good for you, for food and for the farm!



YELLOW PEAS (SPLIT)



BLACK BEANS



GREAT NORTHERN  
BEANS



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GREEN LENTILS



RED LENTILS (SPLIT)



CHICKPEAS/  
GARBANZO BEANS

# Buying & Storing Pulses



## Canned Pulses

### BUYING CANNED PULSES

Canned pulses are convenient as they are pre-cooked and ready to use. Look for canned pulses in the canned foods sections of the store.

- Always drain and rinse well before use.
- Reduce the sodium content of regular canned pulses by 40% by draining and rinsing before using or try No Salt Added canned pulses.
- A 19 oz (540 mL) can of pulses drained is equal to 2 cups (500 mL) of cooked pulses.
- A 14 oz (398 mL) can of pulses drained is equal to 1 1/4 cup (300 mL) of cooked pulses.

### STORING CANNED PULSES

- Unopened canned pulses store well in a cool, dry place for up to one year or until the best before date on the can.
- Opened, drained and rinsed canned pulses can be stored the same as cooked pulses (see below).

### STORING COOKED PULSES

- Cooked pulses store well for 1 to 3 days in the refrigerator in airtight containers.
- Freezing cooked pulses is a great time saver and they keep for up to 6 months.

#### TO FREEZE

- Drain cooked pulses then let cool;
- Lightly pat dry to remove some surface moisture;
- Measure out into 1 or 2 cup (250 or 500 mL) portions into airtight containers or lay flat in plastic freezer bags.

## Dry Pulses

### BUYING DRY PULSES

Look for dry pulses in the ethnic, bulk, or canned food sections of your grocery store. When buying dry pulses, look for:

- Uniform size;
- Brightly coloured seeds;
- Smooth skins without chips or shriveled coats.

### STORING DRY PULSES

- Store in a tightly covered container in a cool, dry place.
- If exposed to light, pulses tend to lose their colour but flavour, nutrition and texture will not be affected as long as they are tightly sealed.
- It is best to use dry pulses within one year of purchase.
- The longer pulses are stored, the drier they become. This means they may take longer to cook and remain slightly chewy after cooking.





## Baking with Pulses

### Benefits of Baking with Pulses

- Boost the protein, fibre, vitamin and mineral content when adding pulses to your baking.
- The high protein content of pulses improves the texture of baked goods.
- The high fibre content and moisture from pulses extends the shelf life of baked goods.

### TIPS WHEN BAKING WITH PULSES

- Lentils or white beans (eg. Great Northern, navy, cannellini, white kidney or white pea beans) work best, but split yellow peas can be used on occasion.
- Baked goods may be heavier and more dense when made with pulses, while crusts are smoother and remain fresher for a longer time.
- The high moisture content of pulse purées may require longer baking times.
- Pulse flours absorb more moisture than other flours. More liquid or eggs may be necessary in baking.

### PULSE FLOURS

Pulse flours can be found in some grocery stores and most bulk, ethnic, or specialty food stores. Chickpea flour (also known as Garbanzo Bean Flour) and various bean flours are usually the most commonly available. They can be used in a variety of recipes including cakes, muffins and cookies. Pulse flours are often used in gluten-free recipes to boost fibre.

### HOW TO USE PULSES IN BAKING

Pulses can be incorporated into baked goods as a purée or flour. Pulse purées can be made from canned or boiled pulses.

### HOW TO MAKE PULSE PURÉE

**PLACE** cooked or rinsed and drained canned pulses into a food processor.

**ADD** 1/4 cup (60 mL) water for every 1 cup (250 mL) cooked pulses.

**BLEND** to make a smooth purée, with a consistency like canned pumpkin.

**ADD** additional water 1 tablespoon (15 mL) at a time if needed to reach desired consistency.

**STORE** in airtight container in refrigerator for 1 or 3 days or freeze for up to 6 months.

### HOW TO ADD PULSE PURÉE

**ADD** 1/2 cup (125 mL) pulse purée into cookie, muffin or any other baked good recipe to boost fibre and protein content.

**COMBINE** the wet ingredients as per the recipe (egg, butter or oil, sugar and/or vanilla) then beat/blend in the pulse purée with those wet ingredients before adding the mixture to the dry ingredients.

**BAKE** as directed.

### HOW TO SUBSTITUTE WITH PULSE FLOUR

**SUBSTITUTE** (1:1) up to half the wheat based flour (including all purpose flour) in any baked goods recipe with an equal amount of chickpea flour to add iron, folate, fibre and protein.

### HOW TO SUBSTITUTE WITH PULSE PURÉE

**REPLACE** 1/2 the butter or oil with an equal amount of pulse purée to lower the fat.

# How to Prepare Pulses



## Split Peas

1. Remove any shriveled peas.
2. Rinse split peas with water - no need to soak!
3. Combine split peas and water, bring to a boil.
4. Simmer for 20 - 30 minutes.

## Cooking Tips



For every 1 cup (250 mL) of split peas, use 2 cups (500 mL) of water.



Split peas get softer the longer they cook. Vary cooking time accordingly.

## Cooking Tips for all Pulses



1 cup dry = 2.5 cups cooked



Use unsalted water - salt toughens pulses during cooking.



Lemon, vinegar and other acidic ingredients slow the cooking process. Add them once the pulses are tender.



Using baking soda to aid cooking pulses is not recommended unless you have hard water. If you need to add baking soda, limit the amount to 1/8 tsp per 2 cups (0.5 mL per 500 mL) water.

## Beans

1. Remove any shriveled or broken beans.
2. Rinse the beans under cold running water.
3. Soak your beans.

**OVERNIGHT SOAK.** Add 3 cups (750 mL) cool water for every 1 cup (250 mL) dry beans making sure beans are covered completely. Soak for 8 - 24 hours. Drain soaking water and rinse beans with cool water.

**QUICK SOAK.** Place 1 cup (250 mL) of beans in a large pot with 3 cups (750 mL) of water. Bring to a boil for 3 minutes then remove from heat and let stand for 1 hour. Drain soaking water and rinse beans in cool water.

4. Combine soaked beans and water, bring to a boil.
5. Simmer for 60 to 90 minutes or until beans reach desired tenderness.
6. When ready, drain any excess liquid and gently rinse.

## Cooking Tips



For every 1 cup (250 mL) of beans, use 3 cups (750 mL) of water.



Bean cooking time varies by type. When a bean is fully cooked, the skin is still intact but the bean can easily be smashed between two fingers.



Pre-soak beans then boil for 10 - 12 minutes in fresh water before adding to your slow cooker.



During hot weather, soak beans in the refrigerator to prevent fermentation.





## Lentils

1. Remove any shriveled lentils.
2. Rinse lentils with water - no need to soak!
3. Combine lentils and water, bring to a boil.
4. Simmer for 5-20 minutes, until tender.

## Cooking Tips



For every 1 cup (250 mL) of lentils, use 3 cups (750 mL) of water.



Different lentils require different cooking time. Softer red/split lentils require shorter cooking times and are great for soups. Firmer lentils (green lentils for example) take a bit longer to cook and are ideal for salads.

## Chickpeas

1. Remove any shriveled or broken chickpeas.
2. Rinse chickpeas under cold running water.
3. Soak your chickpeas.

### OVERNIGHT SOAK

Use 3 cups (750 mL) of cold water for each 1 cup (250 mL) of chickpeas. Let stand for 8-24 hours and drain.

### QUICK SOAK

Use 3 cups (750 mL) of cold water for each 1 cup (250 mL) of chickpeas. Boil for 3 minutes and remove from heat. Cover and let stand for one hour. Drain soaking water and rinse chickpeas with cool water.

4. Combine chickpeas and water.
5. Bring to a boil. Simmer for 90 minutes to 2 hours.

## Cooking Tips



For every 1 cup (250 mL) of chickpeas, use 3 cups (750 mL) of water.



Once cooked, chickpeas can be refrigerated in their liquid for up to a week. Just drain and add to salad, soups or sides for a quick protein punch.





## Baked Biscuits

Servings: 15 biscuits

### INGREDIENTS

1 3/4 cup (425 mL) all-purpose flour  
1 Tbsp (15 mL) baking powder  
1 Tbsp (15 mL) granulated sugar  
Dash salt  
1/4 cup (60 mL) unsalted margarine  
2/3 cup (150 mL) lentil purée \*  
2/3 cup (150 mL) 1% milk

**\* Lentil Purée:** Drain and rinse a 14 oz (398 mL) can of lentils. Place lentils in a food processor and add 1/4 cup (60 mL) water. Blend until smooth and the consistency of canned pumpkin. If needed, add more water 1 Tbsp (15 mL) at a time to reach desired consistency. Measure out what you need and then freeze any leftover purée in a freezer bag or airtight container.

### DIRECTIONS

1. Preheat oven to 425°F (220°C).
2. In a medium sized bowl, combine flour, baking powder, sugar and salt.
3. Cut margarine into mixture and add lentil purée (still cutting) until it resembles coarse oatmeal.
4. Add milk and fold into flour mixture until ingredients are just incorporated.
5. Turn out dough onto a lightly floured surface and pat down to 1 1/2 - 2-inches (4 - 5 cm) inches thick. Cut out biscuits with a 2-inch (5 cm) cookie cutter. Dust cookie cutter with flour to help prevent dough from sticking.
6. Place biscuits on baking sheet at least 1-inch (2.5 cm) apart.
7. Bake for 14-16 minutes, or until golden. Serve immediately!

### NUTRIENTS

Per Serving (1 biscuit)  
103 Calories, 4 g Fat, 1 g Saturated Fat,  
1 mg Cholesterol, 15 g Carbohydrate,  
1 g Fibre, 2 g Sugar, 3 g Protein, 78 mg Sodium,  
78 mg Potassium, 71 mcg Folate, 1 mg Iron





## Lemon-Blueberry Scones

Servings: 8 scones

### INGREDIENTS

- 1/4 cup (60 mL) dry red lentils
- 2 cups (500 mL) all-purpose flour
- 1/2 cup (125 mL) oats
- 1/4 cup (60 mL) brown sugar
- 2 tsp (10 mL) baking powder
- 1/4 tsp (1 mL) baking soda
- 1/4 tsp (1 mL) salt
- 2 Tbsp (30 mL) lemon zest
- 1/3 cup (75 mL) cold butter, cut into chunks
- 1 cup (250 mL) fresh or frozen blueberries (don't thaw them)
- 2/3 cup (150 mL) buttermilk
- 1 large egg
- 1 Tbsp (15 mL) coarse sugar, for sprinkling (optional)

### DIRECTIONS

1. In a small saucepan, cover red lentils with water by an inch or two (2.5 - 5 cm) and bring to a simmer; cook for 15-20 minutes, until soft. Drain well and set aside.
2. Preheat oven to 400°F (200°C).

3. In a bowl or bowl of a food processor, combine flour, oats, brown sugar, baking powder, baking soda, salt and lemon zest. Add butter and pulse or blend with a fork or pastry blender until well combined, with pieces of butter the size of peas remaining. If you used a food processor, transfer to a bowl. Add blueberries and drained lentils and toss a bit.
4. In a small bowl stir buttermilk and egg together with a fork. Add to flour mixture and stir with a spatula just until combined. Turn dough out onto a baking sheet that has been sprayed with nonstick spray or lined with parchment, and pat into a circle that's about 1-inch (2.5 cm) thick.
5. Sprinkle with coarse sugar and cut into 8 wedges with a sharp knife. Pull each wedge apart, leaving about an inch (2.5 cm) of space between them. Bake for 20 minutes, or until golden.

### NUTRIENTS

Per Serving (1 scone)  
260 Calories, 9 g Fat, 5 g Saturated Fat,  
45 mg Cholesterol, 38 g Carbohydrate,  
3 g Fibre, 9 g Sugar, 7 g Protein, 250 mg Sodium,  
113 mg Potassium, 44 mcg Folate, 3 mg Iron



## No Knead Lentil Bread

Servings: 8 slices/loaf

### INGREDIENTS

- 1 cup (250 mL) canned lentils, drained and rinsed (half of a 19 oz/540 mL can)\*
- 3 cups (750 mL) all-purpose or bread flour, or any combination of all-purpose and whole wheat, plus more for dusting
- 1/2 tsp (2 mL) active dry yeast
- 1 tsp (5 mL) salt

\* Leftover lentils? No problem! Just place in a plastic freezer bag or small airtight container and freeze for up to 6 months. A quick and nutritious addition to soups, salads or casseroles!

### DIRECTIONS

1. Put the lentils and 1/2 cup (125 mL) water into the bowl of a food processor and purée until smooth.
2. In a large bowl stir together the flour, yeast and salt. Add the lentils along with 1 cup (250 mL) of water and stir until blended; the dough will be shaggy and sticky. Cover the bowl with plastic wrap or a dinner plate and let it rest on the countertop at room temperature for 18-24 hours.

3. When the surface of the dough/batter looks wet and is dotted with bubbles, flour the countertop and scrape the dough out onto it. Sprinkle it with a little more flour and fold it over on itself once or twice, then roughly shape into a ball. (It should be so wet and sticky that you couldn't knead it if you wanted to – resist the urge to add more flour!) Dust with flour, cover with a cotton tea towel and let it sit/rest for an hour.
4. While the bread is resting, preheat the oven to 450°F (230°C). Put a 6 - 8 quart heavy covered pot (cast iron, enamel, Pyrex or ceramic) into the oven as it heats. When the dough is ready, carefully remove pot from oven. Slide your hand under towel and flip the dough over into the pot; cover and bake for 30 minutes, then remove the lid and bake another 10 - 15 minutes, until it's crusty and golden.

### NUTRIENTS

Per Serving (1 slice or 1/8 recipe)  
200 Calories, 0 g Fat, 0 g Saturated Fat, 0 mg Cholesterol, 40 g Carbohydrate, 4 g Fibre, 1 g Sugar, 7 g Protein, 315 mg Sodium, 53 mg Potassium, 92 mcg Folate, 3 mg Iron



## Slow Cooker Cinnamon Buns

Servings: 8 buns

### INGREDIENTS

#### CINNAMON SUGAR

- 2/3 cup (150 mL) brown sugar
- 1 Tbsp (15 mL) corn starch
- 2 tsp (10 mL) ground cinnamon

#### DOUGH

- 2 1/2 cups (625 mL) all-purpose flour
- 2 tsp (10 mL) baking powder
- 1/2 tsp (2 mL) baking soda
- 1/2 tsp (2 mL) salt
- 6 Tbsp (90 mL) unsalted butter, frozen
- 1/3 cup (75 mL) dry split red lentils
- 1 cup (250 mL) milk
- 1/4 cup (60 mL) unsalted butter, room temperature

#### CREAM CHEESE ICING (OPTIONAL)

- 1/4 cup (60 mL) cream cheese, softened
- 1 Tbsp (15 mL) unsalted butter, softened
- 1/3 cup (75 mL) icing sugar
- 1/2 tsp (2 mL) vanilla extract

### DIRECTIONS

1. Line a 6-quart slow cooker with parchment paper.
2. Cinnamon Sugar: In a small bowl, combine brown sugar, corn starch and cinnamon. Set aside.
3. Dough: In a large bowl, combine flour, baking powder, baking soda and salt. Grate in frozen butter and combine until butter appears to be pea sized and well distributed.

4. Combine dry lentils and milk in a blender. Process until the lentils are broken down and the mixture is fairly smooth. Stir into the flour until well combined.
5. Transfer to a lightly floured surface and knead for 10-15 seconds until the dough is smooth. Using a rolling pin, roll dough into a 14 x 10-inch (35 x 25 cm) rectangle. Spread softened butter evenly over the rectangle with a brush or the back of a spatula. Sprinkle 3/4 of the cinnamon sugar mixture evenly over the rectangle. Roll the dough up from the short side. Cut into eight even rolls.
6. Place the cut rolls in the prepared cooker, cut side up. Sprinkle remaining sugar over top of the rolls. Secure the slow cooker lid and cook for 2 hours on high. At the 1 hour mark, rotate the slow cooker insert, keeping the lid on. This will allow for even heat distribution.
7. While the rolls are baking, optionally prepare the cream cheese icing. In a bowl, mix together cream cheese, butter, icing sugar and vanilla until smooth. Cover and reserve.
8. Once rolls are ready, remove the insert from the base, remove the lid, and allow to cool for 15 minutes. Spread icing evenly over the rolls and serve immediately.

### NUTRIENTS

Per Serving (1 bun not including icing)  
380 Calories, 16 g Fat, 9 g Saturated Fat,  
39 mg Cholesterol, 53 g Carbohydrate,  
2 g Fibre, 19 g Sugar, 8 g Protein, 281 mg Sodium,  
194 Potassium, 170 mcg Folate, 3 mg Iron





## Best Ever Nut Bread

Servings: 28 slices (2 loaves)

### INGREDIENTS

- 2/3 cup (150 mL) butter
- 2 cups (500 mL) sugar
- 4 eggs
- 2 cups (500 mL) yellow split pea purée\*
- 2/3 cup (150 mL) water
- 3 1/3 cups (825 mL) sifted all-purpose flour
- 2 tsp (10 mL) baking soda
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) baking powder
- 1 tsp (5 mL) ground cinnamon
- 1/2 tsp (2 mL) ground cloves
- 1/2 tsp (2 mL) ground nutmeg
- 1 cup (250 mL) chopped walnuts or pecans

**\*Yellow Split Pea Purée:** Rinse 1 cup (250 mL) dry split peas under cool running water. Place rinsed peas in a medium saucepan with 2 1/2 cups (625 mL) water, bring to a boil, reduce heat, cover and simmer for 45 minutes. Cool slightly and do not drain. In small batches, mash or purée split peas with a food processor, blender or potato masher until it is the consistency of canned pumpkin. Add more water 1 Tbsp (15 mL) at a time to reach desired consistency.

### DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. Cream together butter and sugar. Beat in eggs, one at a time. Add split pea purée and water.
3. In a separate bowl, sift together dry ingredients, except nuts. Stir into creamed mixture along with chopped nuts.
4. Bake in 2 well-greased 5 x 9-inch (13 x 23 cm) loaf pans for 60 to 70 minutes. When a toothpick inserted into the center of loaf comes out clean, the bread is done. Cool loaves and store in airtight plastic bags.

### NUTRIENTS

Per Serving (1 slice)  
219 Calories, 9 g Fat, 3 g Saturated Fat,  
39 mg Cholesterol, 32 g Carbohydrate,  
1 g Fibre, 16 g Sugar, 5 g Protein, 172 mg Sodium,  
119 mg Potassium, 83 mcg Folate, 1 mg Iron



## Pumpkin Loaf

Servings: 14 slices

### INGREDIENTS

1 1/4 cup (300 mL) cooked lentils\* or a 14 oz (398 mL) can no salt added lentils, drained and rinsed  
1/3 cup (75 mL) water  
1 cup (250 mL) canned pumpkin purée  
1/4 cup (60 mL) canola oil  
2 eggs  
3/4 cup (175 mL) granulated sugar  
1 Tbsp (15 mL) orange zest  
1 cup (250 mL) all-purpose flour  
1 cup (250 mL) whole wheat flour  
2 tsp (10 mL) baking powder  
1/2 tsp (2 mL) baking soda  
1 1/2 tsp (7 mL) cinnamon  
1/4 tsp (1 mL) ground cloves  
1/4 tsp (1 mL) ground ginger  
1/4 tsp (1 mL) salt  
Canola oil cooking spray

\* To get 1 1/4 cup (300 mL) cooked lentils, combine 1/2 cup (125 mL) dry lentils with 1 1/2 cups (375 mL) water in a medium saucepan, bring to a boil then simmer for 5-20 minutes until tender. Add water as needed to keep the lentils covered. Once cooked, rinse under cool water. Set aside to cool before adding to recipe.

### DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. Place lentils in a food processor. Add the water and blend until smooth and the consistency of canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time if more moisture is needed to reach the proper consistency.
3. In a medium bowl, mix lentil purée, pumpkin, oil, eggs, sugar and orange zest.
4. In another bowl, combine flours, baking powder and soda, cinnamon, cloves, ginger and salt. Add dry mixture to pumpkin mixture and stir together.
5. Spray 5 x 9-inch (13 x 23 cm) loaf pan with cooking spray. Pour batter into pan. Bake loaf for 1 hour or until a toothpick inserted in center comes out clean. Cool for ten minutes and remove from loaf pan to let cool completely on wire rack.

### NUTRIENTS

Per Serving (1 slice)  
180 Calories, 5 g Fat, 1 g Saturated Fat,  
28 mg Cholesterol, 29 g Carbohydrate,  
3 g Fibre, 12 g Sugar, 5 g Protein, 126 mg Sodium,  
151 mg Potassium, 77 mcg Folate, 2 mg Iron



## Chocolate Cupcakes

Servings: 18 cupcakes

### INGREDIENTS

#### CUPCAKES

1 3/4 cups (425 mL) all-purpose flour  
1 cup (250 mL) packed brown sugar  
3/4 cup (175 mL) cocoa  
1 tsp (5 mL) baking powder  
1 tsp (5 mL) baking soda  
1/4 tsp (1 mL) salt  
1 cup (250 mL) canned lentils,  
drained and rinsed (half of 1-19 oz/540 mL can)  
1/2 cup (125 mL) canola oil  
2 large eggs  
1 1/2 cups (375 mL) milk  
2 tsp (10 mL) vanilla extract  
1 tsp (5 mL) instant coffee

#### FROSTING (OPTIONAL)

2 cups (500 mL) icing sugar  
3 Tbsp (45 mL) cocoa  
3 Tbsp (45 mL) butter, at room temperature  
1/2 tsp (2 mL) vanilla extract  
Pinch, salt  
2 Tbsp (30 mL) milk or cream

### DIRECTIONS

1. Preheat oven to 350°F (180°C).

2. In a large bowl, whisk together flour, brown sugar, cocoa, baking powder, baking soda and salt, breaking up any lumps of brown sugar and cocoa.
3. In a bowl of a food processor, pulse lentils, oil, and eggs until well blended; add milk, vanilla and instant coffee and pulse until smooth. Add to dry ingredients and whisk until combined.
4. Divide batter among paper-lined muffin tins, filling them about 3/4 full. Bake for 25 minutes, until tops are springy to touch. Tip them a bit in their pans to let the steam escape and help them cool. Cool completely before frosting.

#### FROSTING (OPTIONAL)

Sift together icing sugar and cocoa in medium bowl and set aside. In a mixing bowl, cream butter until smooth. Beat in vanilla and salt. Blend in icing sugar/cocoa mixture alternately with milk until frosting is smooth and spreading consistency. Add a little extra sugar or milk if needed to achieve a spreadable consistency. Once cupcakes are completely cooled, spread frosting on top.

#### NUTRIENTS

Per Serving (1 cupcake no frosting)  
180 Calories, 7 g Fat, 1 g Saturated Fat,  
20 mg Cholesterol, 26 g Carbohydrate, 2 g Fibre,  
14 g Sugar, 4 g Protein, 150 mg Sodium, 141 mg  
Potassium, 38 mcg Folate, 1.5 mg Iron





## Blueberry Oatmeal Muffins

Servings: 12 muffins

### INGREDIENTS

- 1/4 cup (60 mL) dry split red lentils
- 1/4 cup (60 mL) old-fashioned (large flake) oats
- 1 1/2 cups (375 mL) all-purpose flour
- 1/2 cup (125 mL) brown sugar, packed
- 1 Tbsp (15 mL) baking powder
- 1/2 tsp (2 mL) ground cinnamon
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) milk
- 1 large egg
- 1/4 cup (60 mL) melted butter or canola oil
- 1 cup (250 mL) fresh or frozen blueberries  
(If using frozen berries, do not thaw)

### DIRECTIONS

1. Preheat the oven to 400°F (200°C) and line 12 muffin cups with paper liners.
2. Bring the lentils and oats to a simmer in a medium saucepan with 1 cup of water until the lentils are cooked and the oats are tender, about 10 minutes. Remove from heat and allow to cool to room temperature. Do not drain.
3. Whisk together the flour, sugar, baking powder, cinnamon and salt in a large bowl.
4. Once the oatmeal and lentils have cooled to a lukewarm temperature, stir in the milk, egg and melted butter or oil. Add this mixture to the dry ingredients along with the blueberries (and any other fruits or nuts you like) and stir just until combined; do not worry about getting all the lumps out of the batter.
5. Fill the paper-lined muffin cups and bake for 20 minutes, until pale golden and springy to the touch.

### NUTRIENTS

Per Serving (1 muffin)  
160 Calories, 4.5 g Fat, 2.5 g Saturated Fat,  
25 mg Cholesterol, 26 g Carbohydrate,  
2 g Fibre, 11 g Sugar, 4 g Protein, 160 mg Sodium,  
75 mg Potassium, 22 mcg Folate, 1 mg Iron



## Cranberry Orange Muffins

Servings: 12 muffins

### INGREDIENTS

2 cups (500 mL) all-purpose flour  
1 1/2 tsp (7 mL) baking powder  
Dash salt  
1/2 cup (125 mL) unsalted margarine  
3/4 cup (175 mL) granulated sugar  
2 eggs  
1 cup (250 mL) lentil purée\*  
3/4 cup (175 mL) orange juice  
zest of whole orange  
1 1/4 cup (300 mL) whole cranberries,  
fresh or frozen

\* **Lentil Purée:** Rinse and drain a 19-ounce (540 mL) can of lentils. Place in food processor, add 1/2 cup (125 mL) water and blend until smooth and the consistency of canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time if more moisture is needed to reach the proper consistency. Unused lentil purée can be stored in an airtight container for 1 to 3 days in the refrigerator or frozen for up to 6 months.

### DIRECTIONS

1. Preheat oven to 375°F (190°C). Prepare muffin tins with large muffin cup liners or lightly grease sides of tin.
2. In a medium bowl, stir together flour, baking powder and salt.
3. In a mixing bowl, blend together margarine, sugar and eggs. Add lentil purée, orange juice and zest.
4. Fold in dry ingredients until just blended and add cranberries.
5. Spoon mixture into prepared pan filling cups three-quarters of the way full.
6. Bake 20-25 minutes or until toothpick inserted in center of muffins comes out clean.

### NUTRIENTS

Per Serving (1 muffin)  
251 Calories, 9 g Fat, 1 g Saturated Fat,  
31 mg Cholesterol, 37 g Carbohydrate,  
2 g Fibre, 15 g Sugar, 5 g Protein, 47 mg Sodium,  
154 mg Potassium, 11 mcg Folate, 2 mg Iron



## Carrot Spice Muffins

Servings: 12 muffins

### INGREDIENTS

1/2 cup (125 mL) brown sugar  
3/4 cup (175 mL) granulated sugar  
1 tsp (5 mL) vanilla  
1/3 cup (75 mL) canola oil  
2 eggs  
1 cup (250 mL) lentil purée\*  
1 cup (250 mL) shredded carrots  
1 cup (250 mL) all-purpose flour  
3/4 cup (175 mL) whole wheat flour  
Pinch salt  
1 tsp (5 mL) baking soda  
1 tsp (5 mL) baking powder  
1 tsp (5 mL) cinnamon  
1 tsp (5 mL) nutmeg

\* **Lentil Purée:** Rinse and drain a 19-ounce (540 mL) can of lentils. Place in food processor, add 1/2 cup (125 mL) water and blend until smooth and the consistency of canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time if more moisture is needed to reach the proper consistency. Unused lentil purée can be stored in an airtight container for 1 to 3 days in the refrigerator or frozen for up to 6 months.

### DIRECTIONS

1. Preheat oven to 350°F (180°C). Spray muffin tin lightly with nonstick spray.
2. Mix both sugars, vanilla, canola oil and eggs in medium bowl until well blended. Add lentil purée and shredded carrots.
3. In separate bowl, combine flours, salt, baking soda, baking powder, cinnamon and nutmeg. Blend dry ingredients with lentil carrot mixture until fully incorporated.
4. Pour mix into prepared muffin pan and bake for about 20-25 minutes. Check to see if they are done with a toothpick inserted in center; if removed clean, they are done.
5. Remove from oven and let cool in tray for a few minutes, remove, and let cool on cooling rack.

### NUTRIENTS

Per Serving (1 muffin)  
221 Calories, 7 g Fat, 1 g Saturated Fat,  
32 mg Cholesterol, 34 g Carbohydrate,  
2 g Fibre, 16 g Sugar, 6 g Protein, 166 mg Sodium,  
163 mg Potassium, 89 mcg Folate, 2 mg Iron





## Raspberry Chews

Servings: 18 bars

### INGREDIENTS

#### BASE

- 1 1/3 cup (325 mL) whole wheat flour
- 1/4 cup (60 mL) sugar
- 1/2 tsp (2 mL) baking powder
- 1/2 tsp (2 mL) cinnamon
- Pinch salt
- 1/2 cup (125 mL) reduced fat margarine
- 1 egg, slightly beaten
- 1/2 cup (125 mL) raspberry jam, or more as desired

#### LENTIL FILLING

- 1 cup (250 mL) cooked or canned lentils, drained and rinsed (1/2 of a 19 oz/540 mL can)
- 1/4 cup (60 mL) hot water
- 3/4 cup (175 mL) brown sugar
- 1/4 cup (60 mL) all-purpose flour
- 1 1/2 tsp (7 mL) baking powder
- Pinch salt
- 1/2 tsp (2 mL) vanilla
- 2 eggs, beaten
- 3/4 cup (175 mL) unsweetened shredded coconut
- 1/2 cup (125 mL) chopped pecans (optional)

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Base: In a medium bowl, combine the base dry ingredients and cut in margarine until coarse crumbs form. Stir in egg and mix thoroughly.
3. Press base dough into a 9 x 13-inch (23 x 33 cm) baking dish and bake for 10 minutes until firm.
4. Cool and spread a thin layer of jam over base.
5. Reduce oven temperature to 350°F (180°C).
6. Filling: Purée lentils in a blender or food processor with the water until the mixture is very smooth and the consistency of canned pumpkin. If needed, add more water 1 Tbsp (15 mL) at a time to reach desired consistency.
7. In separate bowl, combine dry ingredients for lentil filling. Mix in lentil purée, vanilla and eggs. Add coconut and pecans if desired. Spread mixture on top of jam.
8. Bake until firm, about 35 minutes.
9. Cool and cut into 18 bars.

### NUTRIENTS

Per Serving (1 bar)  
218 Calories, 10 g Fat, 6 g Saturated Fat,  
31 mg Cholesterol, 31 g Carbohydrate,  
3 g Fibre, 17 g Sugar, 4 g Protein, 131 mg Sodium,  
186 mg Potassium, 35 mcg Folate, 1 mg Iron



## Black Bean Brownies

Servings: 32 brownies

### INGREDIENTS

2/3 cup (150 mL) all-purpose flour  
Pinch salt  
1/2 tsp (2 mL) baking powder  
1/2 cup (125 mL) cocoa powder  
1/2 cup (125 mL) margarine  
1 1/2 cup (375 mL) sugar  
1 cup (250 mL) cooked or canned black beans,  
drained and rinsed\*  
4 eggs  
1 tsp (5 mL) vanilla

\* A 14 oz (398 mL) can of black beans drained & rinsed yields 1 1/4 cups (300 mL) beans and a 19 oz (540 mL) can drained & rinsed yields 2 cups (500 mL) beans. Store leftover beans in an airtight container for 3 days in the refrigerator or 6 months in the freezer.

### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Lightly oil a 9 x 13-inch (23 x 33 cm) pan.
3. Sift flour, salt and baking powder together in a bowl.
4. In a food processor, combine cocoa, margarine, sugar, black beans, eggs and vanilla. Blend until well mixed with little or no bean texture left.
5. Stir wet mixture into dry ingredients until moist. Pour the batter into the pan. Bake for 30 minutes or until a knife inserted in the center comes out clean. Store these moist brownies in an airtight container in the fridge.

### NUTRIENTS

Per Serving (1 brownie)  
95 Calories, 4 g Fat, 1 g Saturated Fat,  
24 mg Cholesterol, 14 g Carbohydrate,  
1 g Fibre, 10 g Sugar, 2 g Protein, 58 mg Sodium,  
54 mg Potassium, 22 mcg Folate, 0.5 mg Iron



## Granola Bars

Servings: 35 bars

### INGREDIENTS

2/3 cup (150 mL) shredded coconut  
2 cups (500 mL) quick-cooking rolled oats  
1 cup (250 mL) brown sugar  
1/3 cup (75 mL) pellet-like bran cereal  
1/2 tsp (2 mL) cinnamon  
3/4 cup (175 mL) lentil purée\*  
1/2 cup (125 mL) canola oil  
1 egg, beaten  
1/2 tsp (2 mL) vanilla extract  
1/4 cup (60 mL) melted semi-sweet  
chocolate chips

\* **Lentil Purée:** drain and rinse a 14-ounce (398 mL) can of lentils. Place in food processor, add 1/4 cup (60 mL) water. Blend until smooth and the consistency of canned pumpkin. If needed, add additional water 1 Tbsp (15 mL) at a time to reach desired consistency. Unused lentil purée can be refrigerated for up to 3 days or frozen in freezer bags or an airtight container for up to 6 months.

### DIRECTIONS

1. Pre-heat oven to 350°F (175°C). Make sure rack is in center of oven.
2. In a medium bowl, mix coconut, oats, brown sugar, cereal and cinnamon.
3. Add lentil purée, oil, egg and vanilla. Mix until dry ingredients are just moistened.
4. Spread over a 10 1/2 x 16-inch (25 x 40 cm) nonstick cookie sheet.
5. Bake 30 minutes, or until lightly browned. While bars are still warm, drizzle chocolate over top and cut into 35 bars.

### NUTRIENTS

Per Serving (1 bar)  
107 Calories, 5 g Fat, 2 g Saturated Fat,  
6 mg Cholesterol, 14 g Carbohydrate,  
1 g Fibre, 8 g Sugar, 2 g Protein, 10 mg Sodium,  
78 mg Potassium, 16 mcg Folate, 1 mg Iron





## Maple Syrup Bars

Servings: 24 bars

### INGREDIENTS

#### BASE

- 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) brown sugar
- 1/2 cup (125 mL) butter, cut into pieces, at room temperature

#### FILLING

- 1 1/2 cups (375 mL) cooked white beans\* or canned, rinsed and drained
- 2/3 cup (150 mL) maple syrup
- 3 eggs
- 1/2 cup (125 mL) brown sugar
- 1/2 cup (125 mL) melted butter
- 1 cup (250 mL) chopped pecans

#### GARNISH (OPTIONAL)

- 2 oz (60 g) semi-sweet chocolate
- 24 halved pecans

\*White beans include Great Northern, navy, cannellini, white kidney or white pea beans.

### DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. Base: In a food processor or mixing bowl, combine the flour and sugar. Add the butter pieces and pulse or cut in until crumbly. Transfer into a greased 9 x 13-inch (22 x 33 cm) pan and press evenly into bottom. Set aside.
3. Filling: In a food processor or blender, purée beans and maple syrup. When smooth, add the eggs, sugar and butter and blend well.
4. Sprinkle chopped pecans evenly over base then pour filling over top. Bake for 30 minutes or until set in the middle and lightly browned. Cool to room temperature.
5. Optional garnish: In a double boiler, melt chocolate over barely simmering water. Drizzle chocolate over bars in a criss-cross pattern. Refrigerate the bars until chocolate has set. Cut bars into triangles and garnish each one with a pecan half.

### NUTRIENTS

Per Serving (1 bar)  
273 Calories, 15 g Fat, 6 g Saturated Fat,  
47 mg Cholesterol, 33 g Carbohydrate,  
2 g Fibre, 21 g Sugar, 4 g Protein, 74 mg Sodium,  
158 mg Potassium, 53 mcg Folate, 2 mg Iron



## Hiker's Cookies

Servings: 24 cookies/20 bars

### INGREDIENTS

- 19 oz (540 mL) can, white beans\* drained & rinsed
- 1/4 cup (60 mL) pea butter or nut butter (peanut, almond, cashew, hazelnut)
- 1 egg
- 3 Tbsp (45 mL) canola oil
- 1 cup (250 mL) brown sugar
- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) oatmeal
- 1 1/2 cups (375 mL) Trail Mix of preference (nuts, seeds, dried fruits)
- 1 tsp (5 mL) cinnamon
- 1/2 tsp (2 mL) baking powder
- 1/2 tsp (2 mL) baking soda
- 1/2 tsp (2 mL) salt

### MAPLE GLAZE

- 2 Tbsp (30 mL) maple syrup
- 1/4 cup (60 mL) icing sugar

\*White beans include Great Northern, navy, cannellini, white kidney or white pea beans.

### DIRECTIONS

1. Pre-heat oven to 350°F (180°C).
2. For cookies: Lightly grease 2 cookie sheets.

3. For bars: Line a 9 x 13-inch (22 x 33 cm) baking pan with parchment paper allowing for 2 overlapping ends to lift cooked bar out of pan.
4. In a food processor blend beans, pea butter, egg, oil and brown sugar until combined and smooth.
5. In a large mixing bowl combine flour, oatmeal, trail mix, cinnamon, baking powder, baking soda and salt.
6. Stir bean mixture into dry ingredients until well combined. Mixture will be sticky.
7. For Cookies: Spoon 2 Tbsp (30 mL) batter, spaced evenly on the cookie sheets. Bake for 15 - 18 minutes, until bottom of cookie is browned and top is firm to the touch. Do not over bake or cookies will be dry.
8. For Bars: With moist hands or a large spoon dipped in water, press the mixture firmly into prepared pan to compact. Bake for 35 – 40 minutes until lightly browned on top and edges have pulled slightly from the sides. Cool completely in pan. Use the sides of the parchment paper to lift out. Cut into bars.
9. Maple Glaze: In a small bowl, stir maple syrup and icing sugar until smooth. Drizzle lightly over cookies or bars. Allow glaze to harden prior to storing in an airtight container.

### NUTRIENTS

Per Serving (1 cookie not including glaze)  
161 Calories, 6 g Fat, 1 g Saturated Fat,  
8 mg Cholesterol, 23 g Carbohydrate, 2 g Fibre,  
14 g Sugar, 4 g Protein, 132 mg Sodium, 1 mg Iron



## Spiced Carrot Softies

Servings: 36 cookies

### INGREDIENTS

3/4 cup (175 mL) cooked or canned white beans, drained and rinsed\*  
3 Tbsp (75 mL) hot water  
1 Tbsp (15 mL) canola oil  
3/4 cup (175 mL) brown sugar, packed  
2 eggs  
1 1/2 cups (375 mL) carrots, grated and loosely packed  
2 cups (500 mL) whole wheat flour  
1 tsp (5 mL) baking powder  
1/2 tsp (2 mL) baking soda  
1 tsp (5 mL) cinnamon  
1/2 tsp (2 mL) nutmeg

\*White beans include Great Northern, navy, cannellini, white kidney or white pea beans.

### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Place beans in food processor, add the hot water and purée until mixture is smooth and the consistency of canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time to reach desired consistency. Remove bean purée from food processor and place in medium sized bowl.
3. Blend together bean purée and canola oil. Add brown sugar and eggs and cream together until smooth. Blend in grated carrots.
4. Mix together flour, baking powder, baking soda and spices. Add dry ingredients to wet ingredients and mix until combined. Drop by spoonful's onto greased cookie sheet. Bake for 10 - 12 minutes or until cookie springs back gently when pressed slightly.
5. Let cool slightly. Remove from cookie sheet. Cool completely and store in airtight container.

### NUTRIENTS

Per Serving (1 cookie)  
57 Calories, 1 g Fat, 0 g Saturated Fat,  
11 mg Cholesterol, 11 g Carbohydrate,  
1 g Fibre, 5 g Sugar, 2 g Protein, 31 mg Sodium,  
60 mg Potassium, 13 mcg Folate, 0.4 mg Iron





## Chocolate Chip Oat Cookies

Servings: 16-24 cookies

### INGREDIENTS

- 1/2 cup (125 mL) canned white beans\* or canned lentils, drained and rinsed
- 1 egg
- 2 Tbsp (30 mL) canola oil
- 3/4 cup (175 mL) packed brown sugar
- 1 tsp (5 mL) vanilla
- 1/2 cup (125 mL) semi-sweet chocolate chips or, if desired, raisins
- 1 1/3 cup (325 mL) regular rolled oats
- 3/4 cup (175 mL) whole wheat flour
- 1/2 tsp (2 mL) baking soda

\*White beans include Great Northern, navy, cannellini, white kidney or white pea beans.

### DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a cookie sheet with parchment paper or lightly spray cookie sheet with cooking spray.
2. Purée beans (or lentils) with egg until smooth in blender.
3. In a medium bowl, beat canola oil, sugar and vanilla using electric mixer until smooth. Add bean and egg purée and continue beating until well combined.
4. Add chocolate chips (or raisins) and oats and use wooden spoon to combine. Sift together flour and baking soda over wet mixture and stir until well combined.
5. Drop by rounded teaspoon, 2 inches (5 cm) apart on prepared cookie sheet and flatten slightly. Bake for 15 minutes. For larger cookies: Drop by rounded tablespoon on prepared cookie sheet and bake for 22 minutes. Do not overbake or cookies will be dry. Let cool on pan for 2 minutes and then transfer to cooling rack. Store in airtight container.

### NUTRIENTS

Per Serving (1 cookie/ 1/24 recipe)  
99 Calories, 3 g Fat, 1 g Saturated Fat,  
8 mg Cholesterol, 16 g Carbohydrate,  
1 g Fibre, 9 g Sugar, 2 g Protein, 55 mg Sodium,  
98 mg Potassium, 11 mcg Folate, 1 mg Iron



## Butterscotch Cookies

Servings: 48 cookies

### INGREDIENTS

- 1/2 cup (125 mL) butter
- 1/2 cup (125 mL) brown sugar, packed
- 1 cup (250 mL) sugar
- 2 eggs
- 2 tsp (10 mL) vanilla
- 1 1/2 cups (375 mL) puréed lentils\*
- 1 cup (250 mL) cooked or canned lentils, drained and rinsed
- 1 1/2 cups (375 mL) all-purpose flour
- 2 cups (500 mL) oatmeal, made into coarse flour in blender or food processor
- 2 tsp (10 mL) ground cinnamon
- 1/2 tsp (2 mL) ground nutmeg
- 1 tsp (5 mL) baking powder
- 2 tsp (10 mL) baking soda
- 1 cup (250 mL) butterscotch chips plus extras to decorate the cookies
- 1 cup (250 mL) walnut pieces

\* **Lentil Purée:** Drain and rinse a 19 oz (540 mL) can of lentils or use 2 cups (500 mL) cooked lentils. Place in food processor, add 1/2 cup (125 mL) water and blend until smooth and the consistency of canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time if more moisture is needed to reach the proper consistency.

### DIRECTIONS

1. Preheat oven to 375°F (190°C). Lightly grease baking sheets.
2. In a large mixing bowl, cream together butter, brown sugar and white sugar. Add eggs and vanilla; mix well. Add puréed and cooked lentils, and mix in evenly.
3. In a separate bowl, mix together dry ingredients.
4. Add dry ingredients to wet ingredients a little at a time, alternating with butterscotch chips and walnuts, until mixed evenly.
5. Drop by rounded tablespoons onto baking sheet, decorate with butterscotch chips, and bake until pale golden, 8 to 10 minutes. Let cool on pan for 2 minutes and then transfer to a cooling rack. Store in an airtight container.

### NUTRIENTS

Per Serving (1 cookie)  
134 Calories, 6 g Fat, 3 g Saturated Fat,  
14 mg Cholesterol, 18 g Carbohydrate,  
1 g Fibre, 10 g Sugar, 3 g Protein, 82 mg Sodium,  
91 mg Potassium, 44 mcg Folate, 1 mg Iron



## Lemony Chickpea Cake

Servings: 2 cakes (8 slices/cake)

### INGREDIENTS

2 cups (500 mL) cooked chickpeas\* or  
19 oz (540 mL) can, drained and rinsed  
4 tbsp (60 mL) lemon juice  
1/4 cup (60 mL) canola oil  
2 tsp (10 mL) grated lemon zest  
2 egg yolks  
2/3 cup (150 mL) all-purpose flour  
1 cup (250 mL) sugar, divided  
2 tsp (10 mL) baking powder  
1/2 tsp (2 mL) salt  
2 egg whites  
1/8 tsp (0.5 mL) cream of tartar  
2 Tbsp (30 mL) freshly squeezed lemon juice  
powdered sugar

\* Chickpeas are also known as garbanzo beans.

### DIRECTIONS

1. Preheat oven to 350°F (180°C). Grease and lightly flour two 8-inch (20 cm) round cake pans.
2. In a blender or food processor, purée chickpeas with lemon juice, oil and lemon zest. Add egg yolks and blend well. Turn mixture into a large bowl.

3. In a medium bowl, combine flour, 1/2 cup (125 mL) sugar, baking powder and salt. Mix well. Add to puréed chickpea mixture and mix well.
4. In another medium bowl, beat egg whites and cream of tartar until foamy. Gradually add remaining 1/2 cup (125 mL) sugar in a slow, thin stream, beating until whites form peaks that are stiff but not dry.
5. Fold beaten egg whites into chickpea purée. Pour batter into the prepared pans and bake 30 to 35 minutes, or until a toothpick inserted into center of cake comes out clean. Cool 10 minutes on a rack, then turn cake out of pans and onto racks. Cool completely.
6. Dribble one tablespoon lemon juice over each cake, and sprinkle tops with powdered sugar

### NUTRIENTS

Per Serving (1 slice)

140 Calories, 5 g Fat, 0.5 g Saturated Fat,  
24 mg Cholesterol, 22 g Carbohydrate,  
1 g Fibre, 14 g Sugar, 3 g Protein, 165 mg Sodium,  
103 mg Potassium, 34 mcg Folate, 1 mg Iron





## Apple Cake with Warm Cranberry Sauce

Servings: 12 slices

### INGREDIENTS

- 1 1/2 cups (375 mL) cooked white beans\*  
or canned, drained and rinsed
- 1/2 cup (125 mL) apple juice
- 1/2 cup (125 mL) canola oil
- 1/2 cup (125 mL) unsweetened applesauce
- 3 eggs
- 2 tsp (10 mL) vanilla
- 1 1/2 cups (375 mL) cooking apples,  
peeled and grated
- 1 1/2 cups (375 mL) brown sugar
- 3 cups (750 mL) all-purpose flour
- 2 tsp (10 mL) baking soda
- 1 tsp (5 mL) cinnamon
- 1/2 tsp (2 mL) nutmeg
- 1/2 tsp (2 mL) ground cloves
- 1/4 cup (60 mL) chopped pecans

### WARM CRANBERRY SAUCE

- 2 oranges - zest and juice
- 1/2 cup (125 mL) water
- 1/2 cup (125 mL) white sugar
- 2 cups (500 mL) cranberries
- 2 Tbsp (30 mL) corn starch
- 1/4 cup (60 mL) water

\*White beans include Great Northern, navy, cannellini, white kidney or white pea beans.

### DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. In a food processor or blender, purée beans with juice until smooth. Transfer purée to a large mixing bowl and stir in oil, applesauce, eggs, vanilla and apples. Add brown sugar and mix well.
3. Combine remaining dry ingredients and pecans together and gently fold into wet ingredients.
4. Pour into a greased bundt pan. Bake for 40-50 minutes or until a toothpick inserted in the middle of the cake comes out clean. Remove from the oven and cool for 15 minutes. Turn out of pan and allow cake to cool to room temperature.

### WARM CRANBERRY SAUCE

5. In a medium-sized saucepan over medium heat, combine juice, zest and water. When hot, add sugar and cranberries. Dissolve the corn starch in the 1/4 cup (60 mL) of water and add to saucepan. Simmer over low heat for one minute, stirring gently. Remove from heat. Do not overcook or use high heat.
6. Serve (warm) sauce over slices of Apple Cake and garnish with whipped cream if desired.

### NUTRIENTS

Per Serving (1 slice including sauce)  
444 Calories, 14 g Fat, 1 g Saturated Fat,  
48 mg Cholesterol, 74 g Carbohydrate,  
4 g Fibre, 41 g Sugar, 8 g Protein, 241 mg Sodium,  
300 mg Potassium, 140 mcg Folate, 3 mg Iron



## Snackin' Bean Cake

Servings: 15-18 slices

### INGREDIENTS

2 cups (500 mL) well-cooked or canned white beans\*, drained and rinsed  
1/2 cup (125 mL) water  
1/2 cup (125 mL) butter or margarine  
1 cup (250 mL) granulated sugar  
1 egg, lightly beaten  
1 tsp (5 mL) vanilla  
1 cup (250 mL) all-purpose flour  
1 tsp (5 mL) baking soda  
1 tsp (5 mL) cinnamon  
1/2 tsp (2 mL) ground allspice  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) ground cloves  
1 cup (250 mL) golden raisins  
1/2 cup (125 mL) chopped pecans  
2 apples, peeled and grated

\*White beans include Great Northern, navy, cannellini, white kidney or white pea beans.

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Grease a bundt pan or a 9 x 13-inch (3 L) baking pan.

3. Place beans and water in a blender or food processor. Blend until smooth and the consistency of canned pumpkin. If needed, add additional water 1 Tbsp (15 mL) until desired consistency is reached.
4. In a bowl, cream butter and sugar together; add egg and mix well. Stir in puréed beans and vanilla.
5. In a separate bowl, sift together flour, baking soda, cinnamon, allspice, salt and cloves. Add the raisins, pecans and apples; stir to coat.
6. Pour flour mixture into the creamed bean mixture and stir until just combined. Spoon into prepared baking dish. Bake for 45 minutes or until golden brown on top and toothpick inserted in center comes out clean. Remove from the oven and if using bundt pan, let cool for 15 minutes, then turn out and allow to cool to room temperature. If using 9 x 13-inch (3 L) baking pan, allow to cool to room temperature on cooling rack.

### NUTRIENTS

Per Serving (1/18 recipe)

213 Calories, 8 g Fat, 1 g Saturated Fat,  
9 mg Cholesterol, 33 g Carbohydrate,  
3 g Fibre, 19 g Sugar, 4 g Protein, 201 mg Sodium,  
196 mg Potassium, 58 mcg Folate, 1 mg Iron



## Warm Chocolate Cakes

Servings: 5 cakes

### INGREDIENTS

8 oz (240 g) bittersweet chocolate, chopped  
1/2 cup (125 mL) salted butter, plus more  
for greasing  
1/2 cup (125 mL) lentil purée\*  
3 large eggs  
3 large egg yolks  
1/2 cup (125 mL) granulated sugar  
1/4 cup (60 mL) cake flour, sifted

\* **Lentil Purée:** drain and rinse a 14 oz (398 mL) can of lentils. Place lentils in a food processor and add 1/4 cup (60 mL) water. Blend until smooth and the consistency of canned pumpkin. If needed, add more water 1 Tbsp (15 mL) at a time to reach desired consistency. Measure out what you need and then freeze any leftover purée in a freezer bag or airtight container.

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Coat five 8 oz ramekins with butter and dust lightly with flour, shaking out excess. Place on a baking sheet.
3. Melt chocolate and butter in microwave until smooth, stirring a few times. Stir in lentil purée. Let cool.
4. In the bowl of a stand mixer fitted with whisk attachment, beat eggs, egg yolks and sugar on high until pale and fluffy, about 4 minutes.
5. Fold in chocolate, then fold in cake flour just until no streaks remain.
6. Pour batter evenly into prepared ramekins and bake about 13-15 minutes, until cakes have risen, tops are dry and the centers of the cakes are still a bit jiggly.
7. Let them rest for 5 minutes then take a sharp knife and run it around the edges of cakes. Unmold onto plates and garnish with whipped cream and berries.

### NUTRIENTS

Per Serving (1 cake)  
560 Calories, 43 g Fat, 24 g Saturated Fat,  
270 mg Cholesterol, 45 g Carbohydrate,  
6 g Fibre, 28 g Sugar, 13 g Protein, 190 mg Sodium,  
131 mg Potassium, 77 mcg Folate





## Apple Peanut Butter Cake

Servings: 24

### INGREDIENTS

- 1 cup (250 mL) yellow split pea purée, (1/2 cup/125 mL dry)\*
- 1/2 cup (125 mL) peanut butter, either crunchy or creamy
- 1/2 cup (125 mL) honey
- 3/4 cup (175 mL) firmly packed brown sugar
- 2 eggs
- 1 egg white
- 1 tsp (5 mL) vanilla extract
- 2 tsp (10 mL) ground cinnamon
- 1/2 tsp (2 mL) baking soda
- 3/4 tsp (3 mL) salt
- 1/2 cup (125 mL) all-purpose flour
- 1/2 cup (125 mL) whole wheat flour
- 1/2 cup (125 mL) chopped dry-roasted peanuts
- 1/2 cup (125 mL) currants or raisins
- 1 cup (250 mL) Golden Delicious apple, peeled and chopped

### DIRECTIONS

1. **\* Split Pea Purée:** place 1/2 cup (125 mL) dry yellow split peas and 1 1/4 cups (300 mL) water in a small saucepan. Bring to a boil, reduce heat, cover and simmer for 45 minutes. Stir frequently. Cool slightly and do not drain. In small batches,

mash or purée split peas with a sieve, food mill, blender, food processor or potato masher. The purée should be the consistency of canned pumpkin. Add water 1 Tbsp (15 mL) at a time to thin if needed.

2. Preheat oven to 350°F (175°C).
3. In a large mixing bowl, beat purée, peanut butter, honey and brown sugar until blended. Beat in eggs and egg white. Stir in vanilla extract.
4. In a separate bowl, stir together cinnamon, baking soda, salt and flours.
5. Add flour mixture to peanut butter mixture along with peanuts, currants and apple. Mix well.
6. Turn into a greased 9 x 13-inch (23 x 33 cm) baking pan. Bake until a knife inserted in center of cake comes out clean, about 25 minutes.
7. Let cake cool before cutting into squares. Serve warm with vanilla ice cream.

### NUTRIENTS

Per Serving (1/24 of recipe)

156 Calories, 5 g Fat, 1 g Saturated Fat, 16 mg Cholesterol, 25 g Carbohydrate, 2 g Fibre, 16 g Sugar, 5 g Protein, 57 mg Sodium, 163 mg Potassium, 36 mcg Folate, 1 mg Iron



## Pina Colada Cream Pie

Servings: 12 slices

### INGREDIENTS

#### CRUST

- 1 1/4 cups (300 mL) graham crumbs
- 1/4 cup (60 mL) margarine, melted
- 2 Tbsp (30 mL) liquid honey

#### FILLING

- 2 1/2 cups (625 mL) red split lentils, cooked\*
- 250 g (8 oz) low fat cream cheese
- 1/3 cup (75 mL) liquid honey
- 1 Tbsp (15 mL) canola oil
- 1 tsp (5 mL) corn starch
- 1 tsp (5 mL) vanilla
- 1/2 tsp (2 tsp) salt
- 14 oz (398 mL) can unsweetened crushed pineapple, drained
- 1/2 cup (125 mL) shredded unsweetened coconut

\* **Cooking Lentils:** rinse 1 1/4 cups (300 mL) dry, red split lentils under running water, then place in medium sized saucepan with 3 cups (750 mL) water. Bring to a boil, then reduce heat and simmer 5-20 minutes until tender. Drain and let cool and then they are ready to use in your recipe!

### DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. To prepare crust, combine graham crumbs, margarine and honey. Mix well. Press into 9-inch (23 cm) pie plate.
3. In a food processor, combine lentils, cream cheese, honey, oil, corn starch, vanilla and salt. Blend until puréed. Pour into mixing bowl. Stir in pineapple and coconut. Pour into pie shell.
4. Bake 20 minutes. Remove from oven and cool. Cut into 12 wedges.

### NUTRIENTS

Per Serving (1 slice)  
252 Calories, 12 g Fat, 5 g Saturated Fat,  
11 mg Cholesterol, 32 g Carbohydrate,  
3 g Fibre, 18 g Sugar, 7 g Protein, 286 mg Sodium,  
278 mg Potassium, 91 mcg Folate, 2 mg Iron



## Lentil Fudge Pie

Servings: 12 slices

### INGREDIENTS

#### CRUST

- 3/4 cup (175 mL) graham crumbs
- 3 Tbsp (45 mL) margarine, melted
- 2 tsp (10 mL) granulated sugar

#### FILLING

- 1/4 cup (60 mL) cocoa
- 1/4 cup (60 mL) melted margarine
- 1/2 cup (125 mL) granulated sugar
- 1/2 cup (125 mL) corn syrup
- 1 tsp (5 mL) vanilla
- 3 eggs, separated
- 1 1/2 cups (375 mL) lentil purée\*

\* **Lentil Purée:** Place 2 cups (500 mL) cooked lentils or a 19 oz (540 mL) can of lentils, drained and rinsed into a food processor. Add 1/2 cup (125 mL) water and blend until smooth and the consistency of canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time if more moisture is needed to reach the proper consistency.

### DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. In a bowl, combine crumbs, margarine and sugar. Press into 9-inch (23 cm) pie plate. Chill.
3. In a separate bowl, combine cocoa and margarine. Mix well. Add sugar, syrup, vanilla and egg yolks. Beat together with electric mixer for 2 minutes on medium speed. Fold in lentil purée.
4. In another bowl, beat egg whites until stiff. Fold into lentil purée mixture. Turn into pie shell.
5. Bake 40 minutes, or until knife inserted in center comes out clean. Remove and cool thoroughly. Refrigerate. Use a wet knife to slice pie into 12 wedges.

### NUTRIENTS

Per Serving (1 slice)  
208 Calories, 8 g Fat, 1 g Saturated Fat,  
0 mg Cholesterol, 33 g Carbohydrate,  
2 g Fibre, 16 g Sugar, 5 g Protein, 144 mg Sodium,  
173 mg Potassium, 67 mcg Folate, 2 mg Iron





## Maple Syrup Pie

Servings: 12 slices or 18 tarts

### INGREDIENTS

1 cup (250 mL) well-cooked or canned white beans, drained and rinsed\*  
1/2 cup (125 mL) maple syrup  
2 eggs  
1/3 cup (75 mL) brown sugar  
1/3 cup (75 mL) melted butter  
1/2 cup (125 mL) raisins or chopped pecans  
1 – 9 inch (23 cm) unbaked pastry pie shell or 18 unbaked tart shells  
Pecan halves (optional)

\*White beans include Great Northern, navy, cannellini, white kidney or white pea beans.

### DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. Purée beans in food processor or blender with maple syrup until smooth.
3. Add eggs, sugar and butter and mix just until well blended.
4. Sprinkle raisins or chopped pecans in bottom of pie or tart shells.
5. Pour filling on top of raisins or chopped pecans. Garnish with pecan halves if desired.
6. Bake pie for 35-40 minutes or tarts for 20 minutes or until set in center. Cool. Serve at room temperature plain or with whipped cream or ice cream.

### NUTRIENTS

Per Serving (1 slice with raisins & pecan garnish)  
224 Calories, 10 g Fat, 5 g Saturated Fat,  
46 mg Cholesterol, 31 g Carbohydrate,  
2 g Fibre, 19 g Sugar, 4 g Protein, 102 mg Sodium,  
209 mg Potassium, 31 mcg Folate, 1 mg Iron

## Where are Pulses Grown?



### Pulses Grown in Canada

Canada's large and diverse agricultural land base is ideally suited for growing a range of pulse crops including pea, lentil, bean and chickpea. More than 2.3 million hectares are seeded to pulse crops each year and Canadian pulse production is normally in the range of 4.5 to 5 million tonnes per year. The value of Canadian pulses exports alone reached \$4.2 billion in 2015.

Quebec and Ontario produce bean crops (a wide array of coloured beans as well as the white navy bean). Manitoba produces white and coloured beans, as well as peas and lentils. Saskatchewan is the largest producer of peas, lentils and chickpeas with a small bean industry, and Alberta produces beans under irrigation as well as peas, lentils and chickpeas.



# Acknowledgments

## Sources

### ALBERTA PULSE

[www.pulse.ab.ca](http://www.pulse.ab.ca)

- Carrot Spice Muffins
- Hiker's Cookies
- Spiced Carrot Softies
- Lentil Fudge Pie

### CANADIAN LENTILS

[www.lentils.org](http://www.lentils.org)

- Lemon Blueberry Scones
- No Knead Lentil Bread
- Slow Cooker Cinnamon Buns
- Chocolate Cupcakes
- Blueberry Oatmeal Muffins
- Warm Chocolate Cakes
- Pina Colada Cream Pie

### NORTHARVEST BEAN GROWERS

- Black Bean Brownies

### ONTARIO BEAN GROWERS

[www.ontariobeans.on.ca](http://www.ontariobeans.on.ca)

- Maple Syrup Bars
- Apple Cake with Warm Cranberry Sauce
- Snackin' Bean Cake
- Maple Syrup Pie

### PULSE CANADA

[www.pulsecanada.com](http://www.pulsecanada.com)

- Baked Biscuits
- Pumpkin Loaf
- Cranberry Orange Muffins
- Raspberry Chews
- Granola Bars
- Chocolate Chip Oat Cookies

### PULSEPLEDGE.COM

[www.pulsepledge.com](http://www.pulsepledge.com)

- Best Ever Nut Bread
- Butterscotch Cookies
- Lemony Chickpea Cake
- Apple Peanut Butter Cake



