



CANADA AGRICULTURE  
AND FOOD MUSEUM  
MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION  
DU CANADA

A FASCINATING WORLD  
UN MONDE FASCINANT



# Chocolate Lentil Cupcakes

## Ingredients

1  $\frac{3}{4}$  cups (425 mL) all-purpose flour  
1 cup (250 mL) packed brown sugar  
 $\frac{3}{4}$  cup (175 mL) cocoa powder  
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  
 $\frac{1}{2}$  cup (125 mL) oil (canola or sunflower)  
2 eggs  
1  $\frac{1}{2}$  cups (375 mL) milk  
2 tsp (10 mL) vanilla extract  
1 tsp (5 mL) instant coffee

## Preparation

In a large bowl, whisk together flour, brown sugar, cocoa, baking powder, baking soda and salt. 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. Divide batter among paper-lined muffin tins, filling them about  $\frac{3}{4}$  full. Bake for 25 minutes in a 350°F (175°C) oven until a toothpick inserted in the centre of the cake comes out clean. Cool completely before frosting with your choice of frosting.