



Bars - Lentil

Makes: 50+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 cups	coconut, unsweetened	500 mL
6 cups	quick-cooking oats	1.5 L
2 cups	brown sugar	500 mL
1 cup	bran cereal (not flakes)	250 mL
1 ½ tsp	cinnamon, ground	7 mL
1 ½ cups	vegetable oil	375 mL
3	eggs, beaten	3
1 ½ tsp	vanilla	7 mL
Lentil Purée		
1 ¾ cups	lentils, cooked OR canned lentils, rinsed and drained	425 mL
½ cup	water	125 mL
Optional:	cranberries, dried	

Instructions

1. Preheat oven to 350°F (180°C).
2. To make lentil purée, place lentils in a food processor. Add water and blend to make a smooth paste. If needed, add additional water 15 mL (1 tbsp) at a time.
3. In a medium bowl, mix coconut, oats, sugar, bran, and cinnamon.
4. In a separate bowl, mix lentil purée, oil, eggs, and vanilla.
5. Add dry mixture to wet ingredients. Stir until just combined.
6. Line two 9 X 13 inch (3.5 L) rectangular baking pans with parchment paper. For ease of removal, allow

paper to hang over the edge of the pan on two sides.

7. Divide batter and press into pans with a fork.
8. Bake for 30 minutes or until lightly golden.

Note: Divide each pan into 40 equal portions. Extra bars can be frozen.

Nutrition Information Serving 30 g Bar
Calories 120
Fat 6 g
Saturated 1.5 g
+ Trans 0 g
Sodium 15 mg
Carbohydrates 14 g
Fibre 2 g
Sugars 6 g
Protein 2 g
Calcium 20 mg
Iron 1 mg

Food Guide Servings
½ Grain Product