



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