



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Choc Full of Lentil Cake Pops

Enjoy a healthier version of the traditional cake pop this Valentine's Day.

INGREDIENTS

- 1 ¼ cups lentil purée
- 1 ½ cups granulated sugar
- 1 cup canola or vegetable oil
- 4 large eggs
- 1 tsp vanilla extract
- 2 cups flour, sifted
- 4 tbsp cocoa powder
- 1 ½ tsp baking soda
- ½ tsp salt
- 1–2 cups of your favorite frosting, homemade or canned
- 2 bags candy melts, chocolate
- Lollipop sticks
- Garnish, sprinkles, cookie crumbs or diced nuts for decoration

INSTRUCTIONS

1. To make lentil puree, bring ¾ cup of lentils to a boil in 2 cups of water. Cover and simmer for 7–9 minutes. Drain, reserving the liquid. Add ¼ cup of lentil liquid back into lentils. Puree in a blender or food processor. Yields about 1 ¾ cups. (Excess puree can be frozen.)
2. Preheat the oven to 350 degrees. Grease and flour two 8" or 9" round cake pans.
3. Beat the sugar, oil, and eggs together for 2 minutes. Add lentil puree and vanilla to the creamed mixture. Mix for 1 minute.
4. Sift the dry ingredients, add to the batter, and beat for 2 minutes on high speed.
5. Pour into prepared cake pans and bake at 350 degrees for 30–35 minutes or until top springs back when touched lightly.
6. Remove from oven and turn out onto cooling racks. Cool completely.
7. Once cool, add cake to a large bowl and crumble.
8. Mix in frosting a little bit at a time until well-combined.

columbiagrains.com



CGI-Columbia-Grain-International



@ColumbiaGrain



columbia_grain_international



columbia-grain