Chocolate Lentil Cupcakes

Ingredients

1 ¾ cups (425 mL) all-purpose flour
1 cup (250 mL) packed brown sugar
¾ cup (175 mL) cocoa powder
1 tsp (5 mL) baking powder
1 tsp (5 mL) baking soda
¼ tsp (1 mL) salt
1 cup (250 mL) canned lentils, rinsed and drained
½ cup (125 mL) oil (canola or sunflower)
2 eggs
1 ½ 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 ¾ 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.