



# Peanut Butter Lentil Cookies



## Ingredients



- 1 1/2 cups water
- 2/3 cup lentils
- 1 cup peanut butter
- 1/4-1/2 cup honey
- 1 Tbsp. baking powder
- 2 tsp. vanilla



## Directions



**Yield:** 16 cookies    **Serving size:** 1 cookie    **Total cost:** \$4.87    **Serving cost:** \$0.30

- Place water and lentils in a medium saucepan. Bring to a boil. Reduce heat, cover, and simmer 30-35 minutes, until liquid is absorbed and lentils are tender.
- Add cooked lentils to a blender or food processor and blend until pureed.
- Preheat oven to 350 degrees and grease or line a baking sheet.
- Add pureed lentils and all other ingredients into a bowl . Mix with a whisk or spoon until it is combined.
- Use a small scooper to drop dough onto the baking sheet.
- Bake in over for 12 minutes. Remove the tray and smash the cookies down with a fork or spoon., then bake for another 10 to 15 minutes until edges reach a golden brown. Let cool on a baking rack.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Substitute in any nut or seed butter.
- Add in chocolate chips, raisins, nuts, or seeds.
- These cookies make for a quick and healthy breakfast or snack and can be frozen to save for later.

## Nutrition Facts

16 servings per container	
<b>Serving size</b>	<b>1 Cookie (1g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.7g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 1.62mg	8%
Potassium 235mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

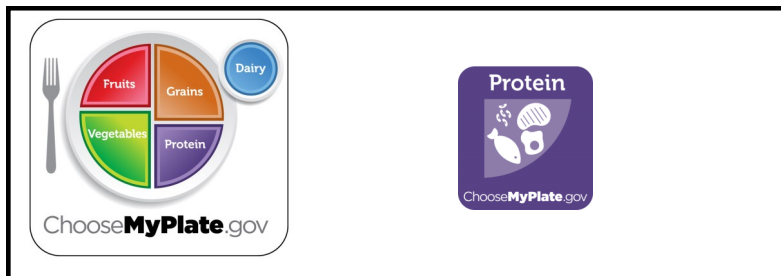
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