



Honey Cocoa Balls with Red Lentils Makes 36 Servings

Ingredients

2/3 cup	dry red lentils	150 ml
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1 cup	honey (if crystallized, heat briefly in the microwave or a small saucepan just until it's liquid again, allow to cool before proceeding)	250 ml
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1 1/3 cup	smooth natural peanut butter	325 ml
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1/3 cup	cocoa	
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ml

1/8 tsp salt

0.5
ml

1/3 cup sesame seeds

75
ml

1/2 cup unsweetened coconut

125
ml

1/2 cup cocoa (garnish)

125
ml

1/2 cup unsweetened coconut (garnish)

125
ml

Instructions

Step 1

In a small saucepan, cover lentils with water by an inch or two, bring to a boil and simmer until soft, about 15-20 minutes. Rinse very briefly, then drain and let cool in colander. Lay out a double thickness of sturdy paper towel on counter. Using your hands, and working one handful at a time, squeeze out as much water as possible out of lentils and then spread lentils out on paper towel. Cover with another two paper towels and then press or gently wring to remove even more liquid: lentils should be almost powdery in texture when you're done. Transfer to food processor bowl.

Step 2

Pour honey over lentils, and process until as smooth as possible. Add peanut butter and process until the mixture stiffens, about a minute. Transfer to a medium bowl and add cocoa, salt, sesame seeds and coconut, and stir until thoroughly combined. Cover and refrigerate until firm, about an hour or two (or you can place in the freezer for about 30 minutes).

Step 3

Roll mixture (2 Tbsp/30 mL) into balls about 1 inch (2.5 cm) in diameter, and roll in additional cocoa or coconut to coat. Store in a sealed container in fridge for up to two weeks.

Nutrition & Notes

Nutrition Information

Valeur nutritive

per 1 ball

% Daily Value
% valeur quotidienne

Amount

Teneur

Calories / Calories 130

Fat / Lipides 7 g

Saturated / saturés 2 g

+ Trans / trans

Cholesterol / Cholestérol 0 mg

Sodium / Sodium 45 mg

Carbohydrates / Glucides 13 g

Fiber / Fibres 2 g

Sugars / Sucres 8 g

Protein Protéines 4 g

Vitamin A / Vitamine A

Vitamin C / Vitamine C

Calcium / Calcium

Iron / Fer

Recipe provided by Canadian Lentils.