



Test Kitchen Tuesday

Try it. You might like it.

Lentil Pancakes

From: [Test Kitchen Tuesday](#)

Time Required:

- 5 minutes to mix batter
- 10-15 minutes to cook pancakes

Makes: 4 servings

Ingredients:

- 1.25 cups cooked lentils
- 1.25 cups all purpose or whole wheat flour
- ¼ cup rolled oats
- 3 teaspoons baking powder
- 2 scoops protein powder
- 3 tablespoons brown sugar
- 1.5 cups skim milk
- 1 apple
- 1 egg



Method:

- Combine all dry ingredients in a large bowl and set aside
- Mix lentils, milk, apple, and egg in blender or food processor until smooth
- Mix wet and dry ingredients until combined, and set aside for 5 minutes
- Preheat a non-stick griddle to medium heat
- Spoon pancakes onto griddle in 1/3 cup portions, and cook until the batter stops bubbling (about 2 minutes) and flip
- Cook the reverse side for about a minute, and flip onto a plate, covering with a clean dishtowel to keep warm
- Serve with honey, jam, or fresh fruit topping



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Nutrition:

Nutrition Facts	
User Entered Recipe	
4 Servings	
Amount Per Serving	
Calories	381.1
Total Fat	3.1 g
Saturated Fat	1.0 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	1.3 g
Cholesterol	48.1 mg
Sodium	437.7 mg
Potassium	641.8 mg
Total Carbohydrate	86.1 g
Dietary Fiber	10.0 g
Sugars	13.9 g
Protein	16.3 g

Vitamin A	5.7 %
Vitamin B-12	7.8 %
Vitamin B-6	11.8 %
Vitamin C	6.4 %
Vitamin D	11.9 %
Vitamin E	2.2 %
Calcium	36.7 %
Copper	22.3 %
Folate	52.9 %
Iron	33.9 %
Magnesium	24.5 %
Manganese	103.1 %
Niacin	16.8 %
Pantothenic Acid	12.8 %
Phosphorus	50.6 %
Riboflavin	26.8 %
Selenium	24.7 %
Thiamin	44.9 %