

# CHOCOLATE LENTIL CUPCAKES



CANADA AGRICULTURE AND FOOD  
MUSEUM – MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION DU CANADA

**Program**

Online

**Location:**

These delectable cupcakes hide a secret nutritious ingredient: lentils! -Shh...they'll never know!

## Ingredients

### For the cupcakes:

- 1  $\frac{3}{4}$  cups (425 mL) all-purpose flour
- $\frac{3}{4}$  cup (175 mL) cocoa powder
- 1 cup (250 mL) packed brown sugar
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- $\frac{1}{4}$  tsp (1 mL) salt
- 1 cup (250 mL) canned lentils, rinsed and drained
- $\frac{1}{2}$  cup (125 mL) oil (canola or sunflower)
- 2 eggs
- 1  $\frac{1}{2}$  cups (375 mL) milk
- 2 tsp (10 mL) vanilla extract
- 1 tsp (5 mL) instant coffee (optional)

### For the chocolate frosting:

- 1 cup (250 mL) butter, softened
- 3  $\frac{1}{2}$  cups (875 mL) icing sugar

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- ½ cup + 2 tbsp (155 mL) cocoa powder
- ¼ cup (60 mL) milk
- 2 tsp (10 mL) vanilla extract

## Preparation

1. Preheat oven to 350°F (180°C). Line two 12-cup muffin pans with 24 cupcake liners and set aside.
2. In a large bowl, whisk together the flour, cocoa powder, brown sugar, baking powder, baking soda, and salt; set aside.
3. In a food processor, pulse the drained lentils, oil, and eggs until well blended.
4. Add the milk, vanilla extract, and instant coffee (if using) and pulse until smooth.
5. Add the mixture to the dry ingredients and mix until combined.
6. Divide the batter among the paper-lined muffin pans, filling them about ¾ full.
7. Bake for 15 to 18 minutes, or until a toothpick inserted in the centre of a cupcake comes out clean.
8. Let the cupcakes cool completely before frosting.

### Chocolate frosting:

1. To make the frosting, beat the butter and icing sugar until combined.
2. Gradually add the cocoa powder, milk, and vanilla extract then continue to mix until desired consistency is reached.
3. Place the icing in a piping bag fitted with a decorating tip of your choice. Swirl the frosting on top of the cooled cupcakes.

**Note:** Leftover cupcakes can be stored in an airtight container for up to four days.