**Coconut and Carrot High Protein Muffins**

Adapted from Denise Bustard’s recipe:

<https://sweetpeasandsaffron.com/high-protein-coconut-carrot-lentil-muffins/>



**Ingredients:**

* ½ cup dry red lentils (yields ¾ cup cooked)
* 1 ½ cup water
* 2 large eggs
* ½ cup unsweetened applesauce
* 1 teaspoon vanilla
* ½ cup plain yogurt (full fat)
* ½ packed brown sugar
* 1 cup gluten-free flour
* 1 teaspoon cinnamon
* 1 teaspoon baking soda
* 1/8 teaspoon baking powder

Photo by Ellie Magnuson

* 2 carrots, finely shredded (about 1 cup)
* ¼ cup shredded coconut

**Instructions:**

1. Preheat the oven to 350 F.
2. Line a standard-sized muffin tray with paper or parchment liners, or spray to non-stick cooking spray and set aside.
3. To cook lentils, at ½ cup dry lentils and 1 ½ cup water to a pot. Bring to a boil, then turn down the heat and let simmer for 10-15 minutes, or until lentils are soft. Yields ¾ cup cooked lentils.
4. Add lentils to a food processor and blend until smooth. Alternatively, mash lentils by hand with a fork.
5. Add mashed lentils, eggs, applesauce, vanilla, yogurt, and brown sugar to the bowl and mix well.
6. Add in flour, cinnamon, baking soda, and baking powder. Mix until just combined (do not over-mix).
7. Fold in the carrots.
8. Spoon the mixture into the muffin liners, filling just to the top. Sprinkle with coconut.
9. Bake for 20-25 minutes, or until a toothpick comes out clean.

Store in a sealed container in the fridge for up to 4 days.

Serving size: 1 muffin |Calories: 124 kcal |Protein: 5 g |Total Fat: 2 g | Sugar: 10 g

Total Carbohydrate: 22 g |Dietary Fiber: 2 g |Sodium: 76 mg |Potassium: 116 mg