

Lentil Walnut Scones

Prep Time: 10 minutes

Cooking Time: 40 minutes

Yields: 6-8 servings

Ingredients:

- 2 cups lentils, cooked
- 1 cup millet, cooked
- 1 egg 1/2 onion, diced fine
- 1 carrot, grated
- 1/2 cup rice, soy, or oat flour
- 1/2 cup walnuts, chopped
- 1/2 teaspoon sage or thyme
- 1 teaspoon olive oil
- 1 teaspoon sea salt

Directions:

1. Sauté onions, carrot and spices in oil until soft.
2. Pre heat oven to 375 degrees.
3. Put lentils, grains and flour in a food processor or blender. Mix for 10-20 seconds, just to mix and slightly chop the lentils and grains. Add a bit of water if it is too dry.
4. Add walnuts and egg, blending for another 10-20 seconds, again mixing well, but not pureeing.
5. Add onion and carrot mixture, blend for 10 seconds.
6. Remove mixture from the blender and put into a bowl. The consistency should be a bit thinner than cookie dough. If too dry add a bit of water, if too wet add a bit of flour.
7. On a lightly oiled baking sheet, spoon out medium, scone size portions. Space out so they are not touching.
8. Bake covered with foil for 30 minutes. Remove foil, increase temperature to 400 degrees and bake for another 10-15 minutes or until golden brown. Serve fresh from the oven. The scones will keep for 1-2 days in the fridge.

Variations:

1. You can use adzuki bean, chickpea, or mung beans instead of lentils.
2. You can also use brown rice or amaranth instead of millet.
3. Try sunflower seeds instead of walnut.
4. Any other veggie you can create can be used!

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