

DESSERT

Lentil Cookies

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
100 min	30 min	70 min	54	\$0.12	85 kcal



Lentil Cookies is a dessert that serves 54. Watching your figure? This lacto ovo vegetarian recipe has 85 calories, 2g of protein, and 4g of fat per serving. For 12 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals. 9 people were glad they tried this recipe...

Ingredients

- | | |
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| ☐ 1 teaspoon baking powder | ☐ 4 ounces dried fruit, approximately 1 cup |
| ☐ 1 egg | ☐ ½ teaspoon ground allspice |
| ☐ 1½ teaspoons ground cinnamon | ☐ 4 ounces lentils, approximately 2/3 cup, picked over and rinsed |
| ☐ 3½ ounces rolled oats, approximately 1 cup | ☐ 1 teaspoon salt |
| ☐ 8 ounces sugar, approximately 1 cup | ☐ 6 ounces unsalted butter, room temperature, approximately 3/4 cup |

☐ 2¼ ounces unsweetened dried shredded coconut, approximately 1 cup

☐ 2 teaspoons vanilla extract

☐ 2 cups water

☐ 9½ ounces whole-wheat pastry flour, approximately 2 cups

EQUIPMENT Bowl, Baking sheet, Baking paper, Oven, Whisk, Pot, Blender, Kitchen thermometer

Method

- 1 Watch how to make this recipe.
- 2 *Cook's Note: If desired, a quarter of the whole-wheat flour can be substituted with lentil flour for a denser, stronger flavored cookie
- 3 Preheat the oven to 375 degrees F.
- 4 In a medium bowl, combine the flour, baking powder, salt, cinnamon and allspice.
- 5 In the bowl of a stand-mixer with a whisk attachment, cream together the sugar and butter on medium speed.
- 6 Add the egg and mix until just incorporated.
- 7 Add the vanilla and lentil puree and mix until combined.
- 8 Add the flour mixture and blend on low speed until just combined.
- 9 Remove the bowl from the mixer and stir in the oats, dried fruit and coconut.
- 10 Form the dough into balls about 2 teaspoons in size and place on a baking sheet with parchment paper, leaving about 1-inch of room in between.
- 11 Bake for 15 to 17 minutes, or until an internal temperature of 195 degrees F is reached on an instant-read thermometer.
- 12 In a small pot over medium heat, combine the lentils and the water. Bring to a simmer, cover, and simmer for 30 to 40 minutes, or until lentils are tender.
- 13 Remove from the heat and puree. If using immediately, let cool. The puree may be stored in the refrigerator for 3 to 4 days or in the freezer for 2 to 3 months.

Nutrition per serving

85
KCAL

2 g
PROTEIN

4 g
FAT

12 g
CARBS

Saturated Fat	2.4 g · 15% of daily needs
Fibre	1.8 g · 7% of daily needs
Sugar	5.4 g · 6% of daily needs
Sodium	53.9 mg · 2% of daily needs
Cholesterol	9.8 mg · 3% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/lentil-cookies-142461