

# Savory Lentil Muffins



*Vege-Cooking.com*

## Ingredients

Cooking spray

15-oz can cooked lentils (or 1  $\frac{3}{4}$  cups cooked lentils)

$\frac{1}{3}$  cup instant oats

1 Tbsp Dijon mustard

2 Tbsp ketchup (plus additional for spreading on top)

$\frac{1}{8}$  -  $\frac{1}{4}$  tsp all-purpose seasoning, or to taste

2 Tbsp nutritional yeast (optional)

## Directions

1. Preheat oven to 400F. Spray muffin tin with cooking spray.
2. Mix lentils, oats, mustard, ketchup, nutritional yeast and all-purpose seasoning in a medium bowl; taste, and adjust seasoning if necessary. Spread a little ketchup on top of each muffin.
3. Spoon mixture into muffin cups; bake **10-15** minutes.

## Tips

- For DIY instant oats, simply pulse rolled oats in a food processor a few times until just chopped
- For sugar-free option search for no-sugar ketchup
- Great mix-ins: sliced olives, green onions, chopped tomatoes, sautéed spinach, mushrooms, sundried tomatoes
- Top with BBQ sauce, non-dairy cheese, curry sauce, or other favorite sauce

