

# Red Lentil Buns

## Ingredients:

- 1 cup Red Lentils
- 2 Eggs
- 1 cup Cottage cheese, sour cream, or yogurt
- 4 TBSP Olive Oil
- 1 tsp Salt
- To taste Black Pepper
- 1/2 tsp Baking Powder
- 2 tsp (opt) Sesame, Poppy, or your choice of seeds



*We baked two ways: six buns in the RV oven, and two in the convection microwave*

## Prep the Lentils

- Soak red lentils in 2-3 cups of water for at least 4 hours or overnight in the refrigerator
- Rinse lentils thoroughly, drain extremely well and transfer into a blender

## Make the Batter

- Preheat oven to 375 degrees
- Add eggs, cottage cheese, olive oil, salt, black pepper (if using), and baking powder
- Blend until dough is a smooth and silky consistency

## Bake the Buns

- Brush the cups of mini loaf pan with oil.
- Pour about 1/3 cup of the batter into each mini loaf cup
- Sprinkle sesame seeds, poppy seeds, or any other seeds of choice on top for garnish
- Bake in preheated oven at 375 degrees for approximately 25-30 minutes or until golden brown and cooked through

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