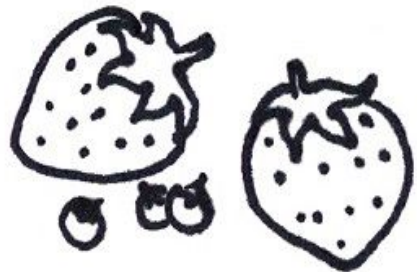


Citrus Berry Lentil Smoothie

12 Servings

Ingredients

- 3 ½ cups (875 ml) frozen mixed berries
- 1 cup (250 ml) cooked red lentils
- ¾ cup (190 ml) plain Greek yogurt
- 3 tbsp (45 ml) lemon juice
- 2 tbsp (30 ml) honey
- 2 tsp (10 ml) vanilla extract



Directions

1. Purée lentils until smooth. Add ¼ cup water for 1 cup whole cooked lentils.
2. Place all ingredients into the blender and purée until smooth. Garnish with blueberries.

Get Creative!

Use a variety of fruits or juices or try replacing honey with maple syrup in the same proportions to mix up the flavour! Frozen mango works great in this smoothie!

*Pro tip: Try making large batches of cooked, pureed lentils at once. Pureed lentils will freeze for up to 6 months and you'll always have lentils ready to go!

Thank you to our 2018 workshop participants for testing this recipe!