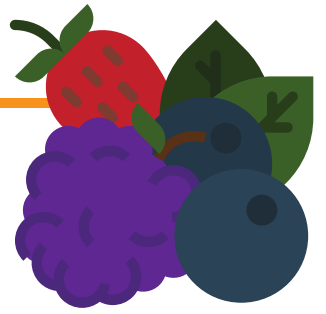


# CITRUS BERRY LENTIL SMOOTHIE



12 Servings

## INGREDIENTS

- 3 ½ cups frozen mixed berries
- 1 cup cooked red lentils
- ¾ cup plain greek yogurt
- 3 tbsp lemon juice
- 2 tbsp honey
- 2 tsp vanilla extract

### 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!

## DIRECTIONS

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

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

RECIPE ADAPTED FROM "COOKING WITH PULSES" BY PULSE CANADA