

Oats and lentils (recipe makes 5 servings, ~3/4 cup cooked)

Ingredients:

2 large eggs
1 ¾ cup 5% cream
1/3 cup no-sugar added maple syrup
1 tsp coconut oil
1 tsp vanilla
¾ cup steel cut oats
½ cup red split lentils or green split lentils
1 heaping tbsp cinnamon
1 heaping tsp ginger
½ tsp salt



Directions:

1. Preheat oven to 350 F
2. Follow directions on packages and cook lentils and steel cut oats until done.
3. Combine all ingredients in a large mixing bowl and whisk together.
4. Grease a 9 inch glass baking dish with coconut oil.
5. Pour mixture into baking dish and cover with foil.
6. Bake for 30 min. Remove foil and bake for additional 15 min.
7. Optional toppings: 2 tbsp walnuts, ¼ cup berries.

Recipe adapted from:

<https://www.lentils.org/recipe/coconut-cream-overnight-oats-lentils/>

Carbohydrate count per serving: Carbohydrate 29 g, 5 g fiber so 24 g of available carbohydrate per serving.