



Lentil Balls

Visual Recipe
by DAREBEE
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	SMALL	MEDIUM	LARGE
lentils	1/3 cup ~ 70g	1/2 cup ~ 100g	1 cup ~ 200g
ground flax seeds	1/2 tbsp	1 tbsp	2 tbsps
sunflower seeds	1/4 cup ~ 30g	1/3 cup ~ 40g	1/2 cup ~ 60g

LEVEL UP! Add nutritional yeast, 1 tbsp psyllium husks and 1 tbsp of balsamic vinegar to the mix.

INSTRUCTIONS

1. Rinse the lentils really well.
2. Transfer the lentils to a cooking pot. Cover with double the amount of water and stir once. Bring water to a boil then lower heat to low. Cover with a lid and simmer until the lentils are tender and have completely absorbed the water ~ 35 minutes. You want them to be slightly overcooked for this recipe.
3. Add cooked lentils, ground flax seeds and sunflower seeds to a mixing bowl. Season for taste. Mash with a fork or a potato masher until combined. If the mix is too crumbly, add a dash or two of water.
4. Roll into bite-sized balls.
5. Preheat the oven to 400°F (200°C). Place lentil balls on top of a baking tray lined with baking paper and bake in the oven for 20 minutes or until they begin to form a golden brown crust.
6. Transfer to a plate and serve with tahini thinned with water 1:2 ratio.

