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# GLUTEN-FREE RED LENTIL BREAD

*by Nadia Terry*

## Equipment

- Bowl
- Wooden spoon
- Hand blender
- Loaf pan or muffin tin
- Salt and pepper
- Greaseproof paper

## Ingredients

- 200g washed and pre-soaked red lentils
- 2 eggs
- 1 tsp baking powder
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil
- ¼ tsp salt
- 2 tbsp natural yogurt
- 1 tsp any seeds you prefer to decorate the bread



## **Method**

**Prep: soak your red lentils overnight or for at least 3 hours before you begin.**

- 1. Preheat your oven to 180 degrees (gas mark 4).**
- 2. In a bowl, mix the red lentils, eggs, olive oil, apple cider vinegar, natural yogurt, baking powder and salt.**
- 3. Blend all the ingredients with your hand blender until you have a smooth batter.**
- 4. Line your loaf pan or muffin tin with greaseproof paper.**
- 5. Pour in the batter and sprinkle the seeds on top to decorate.**
- 6. Bake in the preheated oven for 30 – 40 minutes.**

**Let it cool and enjoy toasted or with your favourite sandwiches.**



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