



# Recipes

## Beans

### Lentil Walnut Scones

*Prep Time: 10 minutes*

*Cooking Time: 40 minutes*

*Yield: 6-8 servings*

#### **Ingredients:**

- 1/2 onion, diced finely
- 1 carrot, grated
- 1/2 teaspoons sage or thyme
- 1 teaspoon sea salt
- 1 teaspoon olive oil
- 2 cups lentils, cooked
- 1 cup millet, cooked
- 1/2 cup rice, soy, or wheat flour
- 1 egg
- 1/2 cup walnuts, chopped

#### **Directions:**

1. Sauté onions, carrots and spices in oil until soft.
2. Preheat oven to 375 degrees.
3. Put lentils, millet and flour into a food processor or blender and mix for 10-20 seconds.
4. If mixture is too dry add water.
5. Add walnuts and egg, blending for another 10-20 seconds and mix well but not pureeing.
6. Add onion and carrot mixture, blend for 10 seconds.  
Remove mixture from the blender and put into a bowl. The consistency should be thinner than cookie dough. If too dry, add a little water and if too wet, add a little flour.
7. On a lightly oiled baking sheet, spoon out medium, scone-sized portions.
8. Serve warm from the oven.

#### **Note:**

Scones will keep for 1-2 days in the fridge.