

Chocolatey Lentil Crunch

- 1 c green or brown lentils, soaked overnight
- 1/4 c sweetener (coconut sugar, brown sugar, coconut nectar or maple syrup)
- 2 T coconut oil, melted
- 1/3 c unsweetened [cacao](#) or [cocoa](#) powder
- 2 t cinnamon
- 1/4 t sea salt

Cover a large baking pan with parchment paper. Lay lentils out and remove any foreign bits. Rinse the lentils in a strainer, then cook in a pot of water on medium high, stirring occasionally, until tender but not mushy. It can take from 10-20 minutes, depending on type and freshness. Rinse in cold water and drain well.

Preheat oven to 380F.

Place the lentils on baking pan covered with parchment paper and add all ingredients. Mix well. Bake spread out for about 30 minutes, stirring and shaking the pan every few minutes until crunchy. Cool and snack on the **Chocolatey Lentil Crunch** or eat them along with the following:

- **2% Greek yogurt and fruit**
- **[Oat Bran Cereal](#), fruit and 2% Greek yogurt**
- **[Oatbrancakes](#), fruit, 2% Greek yogurt and maple syrup**
- **Baked apple or apple sauce** with 2% Greek yogurt.
- **Fruit crumble.**
- **Trail mix** or **[Great Granola](#).**
- **[Breakfast Muesli](#).**

● [Chia Seed Porridge](#) or [Chia Seed Porridge Lite](#).

● [Coconut Jam French Toast](#).

Jittery Cook