

LENTIL LOAF

WITH CRANBERRY GLAZE

TIME REQUIRED 60-70 mins

SERVING 6-8



INGREDIENTS

- 1 cup green or brown lentils, cooked and drained
- 1 cup rolled oats 1 small onion, diced
- 1 carrot, grated
- 2 cloves garlic, minced
- 2 tbsp ground flaxseed + 5 tbsp water (egg replacer)
- 2 tbsp low-sodium tamari or coconut aminos
- 1 tsp thyme
- 1 tsp smoked paprika
- Salt and pepper to taste

Cranberry Glaze

- 1 cup fresh or frozen cranberries
- 2 tbsp orange juice
- 1 tbsp maple syrup

STEPS

- Preheat oven to 375°F. Line a loaf pan with parchment.
- Water-sauté onion, garlic, and carrot until tender.
- In a bowl, combine lentils, oats, veggies, flax mix, tamari, and seasonings. Mash partially to bind.
- Press into loaf pan.
- Simmer glaze ingredients 10 minutes, mash, and spread over top.
- Bake 35-40 minutes. Rest 10 minutes before slicing.