

# LENTIL WRAPS

1 serving

Calories: 100 Protein: 7g, Fat: 0.5g, Carbs: 17g, Fibre: 8g

## INGREDIENTS

- $\frac{3}{4}$  cup (150 g) dry red lentils
- 1  $\frac{1}{2}$  cups (360 ml) vegetable broth (or water +  $\frac{1}{2}$  tsp salt)

## DIRECTIONS

1. Rinse the lentils in a sieve under running water.
2. Transfer them to the blender with the broth (or water and salt), then leave to soak for 3-4 hours.
3. Blend the mixture for 2 minutes, or until the batter is smooth and lump-free.
4. Heat a little oil in a non-stick pan. Once hot, reduce the heat to medium-low and pour in enough batter to make a thin layer across the bottom of your pan, spreading it with the back of a spoon as needed. *Note that the batter will thicken as it sits, so I recommend pulsing it for a few seconds between cooking each wrap. You may need more water/broth to bring it back to a pancake batter consistency*
5. Cook for about 3-4 minutes, flip it over when the edges start pulling away from the pan, and continue to cook for 1-2 minutes. Then transfer them to a plate, covered with a damp kitchen towel.
6. Repeat this with the remaining batter, adding more oil to the pan as needed.
7. Enjoy the red lentil wraps with the fillings or toppings of your choice!