

Red Lentil Soup & Mixed Berry Banana Muffins by Chef Savraj Khanna

Healthy & Wholesome Kitchen

Allergens: None

Ingredients for Red Lentil Soup

- 1½ cups Red Lentils, rinsed and drained
- 7 cups filtered water (divided)
- 3 cups mixed veggies such as potatoes, peas, carrots, green beans, etc.
- 1 small, chopped onion (about 1 cup)
- 2 to 3 garlic cloves, crushed
- 1-inch ginger, grated
- ⅓ cup strained tomatoes
- 3 tsp Himalayan salt
- 3 tsp coriander powder
- 1½ tsp turmeric powder
- ½ tsp garam masala
- 1 bay leaf
- Fresh chopped cilantro
- Fresh lemon juice (about ½ lemon)
- 3 to 4 handfuls of fresh spinach (roughly chopped, if desired)

Directions for Red Lentil Soup

1. Heat 1 cup water in a large, heavy bottom pan, and sauté onions, crushed garlic, ginger for about 5 minutes on med-low heat, covered.
2. Add all the spices (salt, turmeric powder, coriander powder, garam masala) and stir.
3. Add red lentils, mixed vegetables, bay leaf, strained tomatoes, and 6 cups water; bring to a gentle boil.
4. Simmer covered for about 20 to 25 minutes, stirring halfway.
5. Add fresh spinach, lemon juice, and fresh cilantro; turn off the heat.
6. Serve over rice, quinoa, or enjoy it with a side of green salad, or as is! The soup will thicken as it sits, add more water if needed, and adjust seasonings.

Ingredients for Mixed Berry Banana Muffins

- 6 ripe bananas, medium to large size
- ½ cup maple syrup
- ½ cup coconut/whole cane sugar/maple sugar
- 1½ tsp vanilla powder
- 1½ tsp Ceylon cinnamon powder
- 1 tsp Himalayan salt
- 1½ tsp baking soda
- 2 tsp lemon juice, fresh
- 1 cup filtered water

- 4 cups oat flour (400g)
- ½ cup shredded coconut (optional)
- 1 cup fresh blueberries/strawberries/raspberries/wild blueberries
- ½ cup golden raisins/chopped dates

Directions for Mixed Berry Banana Muffins

1. Preheat the convection oven to 350°F, and line your muffin containers with parchment muffin liners.
2. To a large bowl, add all ingredients, except for oat flour, mixed berries, and raisins/dates. Mash using a masher and note that it is ok if the bananas don't mash super well, as it'll give a good texture to the muffins.
3. Add in the oat flour and mix well.
4. Fold in the mixed berries and raisins/chopped dates.
5. Using a large spoon, carefully spoon the batter into the muffin tins.
6. Bake for 30 to 35 minutes until the tops are golden brown, and/or a toothpick comes out dry.
7. Makes 18 muffins, and recipe can easily be halved. These delicious muffins are stored well in the refrigerator for about a week.