



Easy lentil bread

Ingredients (serves 6)

200 g dry lentils (red or pardinas – Spanish brown lentil)

60 g water

25 g extra virgin olive oil

4 g baking powder

Salt (restrict in case of hypertension or fluid retention)

Aromatic herbs, sweet paprika, turmeric... (optional)

Method

1. Soak the lentils overnight in water (at least for twelve hours).
2. Rinse the soaked lentils and strain them.
3. Mix the lentils with the rest of the ingredients in a large bowl.
4. Blend until homogeneous.
5. Preheat the oven to 180 °C.
6. Put the mixture into an oven-suitable mold.
7. Bake at 170 °C for twenty-five minutes until the bread sets.
8. Remove from oven and cool to room temperature.
9. Unmold, cut, toast and serve.

Recommendations

Once the bread has been cooked and cooled, it can be frozen in slices in an airtight container.
In case of gastrectomy, it is recommended to toast it before eating for a better tolerance.