

PROTEIN PLUS BUNS – from Eat More Whole Grains

4 cups warm water	2 Tbsp. vinegar
4 eggs, (1 cup)	2/3 cup crushed grains (I use a blender)
2/3 cups lentil puree	½ cup crushed flax
2/3 cup oil	6 cups whole flour (fresh ground)
½ cup brown sugar	2 Tbsp. Dough Enhancer
2 tsp. salt	3 Tbsp. Gluten flour
5 ½ cups All Purpose Flour	3 Tbsp. Safe Yeast

Place all liquids in the Bosch bowl with the dough hook. Add Whole Wheat flour, salt, yeast, gluten and dough enhancer and turn on speed one. While it is mixing, add 5 ½ cups of All Purpose flour until the bowl comes clean around the sides. Let knead for 9 min. until gluten in the dough is developed. Put oil on the counter and dump out dough and shape buns. Place on greased cookie sheet or baking pan and let rise for 20 to 30 min. in a warm oven until double in size. Bake at 350 degree for 15 to 20 min. until nicely browned. Makes 3 ½ doz.

Lentil Puree

Bring 1 cup of rinsed lentils to a boil in a covered pot with 2 ½ cups of water. Turn temperature down and cook slowly for 40 min. Cool until warm. Puree cooked lentils with their cooking water in a blender. Measure into 1/2 cups of 1 cup freezer containers, cover well and mark. When you wish to use, just run the container under hot water and drop puree into a microwave-safe bowl and soften in a microwave for 1-2 min.

Using Lentil Puree

-Meatball, Meat loaf or Hamburgers - Just add lentil puree into the mix before shaping.

-Salsa - Mix half and half with hot salsa

-Pizza - Spread on crust before spreading with tomato sauce

-Buns and Bread - Add in with water for extra protein

-Spaghetti - Mix into spaghetti sauce or sweet and sour sauce

-Gravies - Mix ¼ to 1/3 cup of lentil puree into 2 cups of gravy.

-Lasagna-Add ½ cup of lentil puree to sauce before layering

-Ketchup - When making homemade ketchup, blend lentil puree into hot finished product – 1 cup lentil puree to 8 cups of ketchup