



Lentil Sweet Potato Pancakes with Wild Blueberry Cream

Ingredients:

1 cup (250 ml) frozen wild blueberries
1/2 cup (125 ml) red lentils
1 sweet potato
A few sprigs of parsley
2 organic eggs
1/3 cup (80 ml) whole-grain spelt flour
3 tbsp (45 ml) bread crumbs
Salt
Freshly ground pepper
1/2 tsp (5 ml) dried thyme
4 tbsp (60 ml) canola oil
8 oz (225 g) full-fat cream cheese
Juice and zest of 1/2 organic lime



Preparation:

Defrost wild blueberries. Cook lentils in 1 cup water for about 15 minutes until soft and let cool. Peel, wash and grate sweet potato. Rinse, dry and chop parsley. Mix lentils with sweet potato, eggs, flour, bread crumbs and parsley. Season with salt, pepper and thyme. Heat oil in a large pan. Using a tablespoon, put small scoops of the mixture in the pan and gently press flat. Make 12 pancakes, frying until golden brown and flipping as needed. Remove from pan and set on paper towels. Stir 4 tbsp water, lime juice and zest into cream cheese until smooth; if needed, add more water tablespoon by tablespoon. Fold the wild blueberries into the cream cheese. Serve with the pancakes.

Preparation time: 30 minutes; cook time 20 minutes

Servings: 4

Nutritional value per serving: Calories: 470; Protein: 20 g; Fat: 22 g; Carbohydrates: 43 g

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Recipe to be used in association with or credited to the Wild Blueberry Association of North America (www.wildblueberryassociation.ca). For additional recipes, visuals and information or to arrange an interview or in-studio segment, please contact Susan Willemsen or Ruth Colapinto at The Siren Group Inc. Tel: (416) 461-5270. Email: susan@thesirengroup.com or ruth@thesirengroup.com. Visit www.thesirengroup.com or on Twitter, Facebook and Instagram @thesirengroup.