

# BEAN LOAF MUFFINS



## INGREDIENTS:

- 1 1/2 cup canned, drained & rinsed white beans (Cannelini)
- 1/2 cup finely diced mushrooms
- 1/3 cup finely diced carrot or zucchini
- 1/3 cup oat bran
- 2 tbsp ketchup or tomato paste
- 1/2 tsp each: dried thyme, basil, salt and garlic powder
- 1 1/2 tbsp tahini
- 1/4 cup ketchup (to top before baking)

## DIRECTIONS:

1. Grease muffin tins or line with liners and preheat the oven to 380 degrees.
2. Mash the beans very well in a mixing bowl.
3. Add the 2 tbsp tomato paste or ketchup and spices and stir.
4. Add all remaining ingredients, except the final ketchup. Stir again and press into the muffin tins.
5. Smooth remaining ketchup on top before baking.
6. Bake for 20 minutes.
7. Let cool for 10-15 minutes before popping them out so they remain together.

Enjoy!

Makes: 6 - 1 serving = 2 muffins  
Calories: 206 | Protein: 5 gm | Carbs: 18 gm | Fat: 3 gm