



Mindful Nutrition Coach™
NUTRITION BEYOND THE PLATE

Protein-Packed Pumpkin Lentil Balls

Ingredients

- 1 cup cooked lentils (green, brown, red or a mix)
- 1/2 cup cooked quinoa or oat flour
- 1/3 cup unsweetened pumpkin purée
- 1 small shallot or 2 green onions, finely chopped
- 2 garlic cloves, grated or minced
- 1 tsp tahini or avocado oil (optional, for added richness)
- Pinch of sea salt and freshly ground black pepper

Optional flavorings:

- 1/2 tsp ground coriander
- 1/4 tsp mild chili powder
- 1/2 tsp dried oregano

Directions

1. Place the cooked lentils in a medium mixing bowl and lightly mash them with a fork, leaving some texture.
2. Stir in quinoa or oat flour, pumpkin purée, shallots (or green onions), garlic, tahini or avocado oil, salt, pepper, and any optional spices.
3. Let the mixture sit for 10 minutes so it thickens and becomes easier to shape.
4. Use slightly damp hands to roll the mixture into small balls, about 1–1.5 inches in diameter.
5. Preheat to 375°F (190°C) and line a baking sheet with parchment paper.
6. Place the balls on the sheet with a little space between each.
7. Bake for 25–30 minutes, flipping halfway, until golden and cooked through.



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Why These Lentil Balls are good for you

1. **Plant-Based Protein:** Lentils and quinoa provide a protein boost to support energy and muscle repair.
2. **High in Fiber:** Aids digestion and keeps you feeling satisfied longer.
3. **Nutrient-Rich:** Pumpkin offers beta-carotene, antioxidants, and vitamins for eye and immune health.
4. **Healthy Fats:** Tahini or avocado oil provides heart-friendly fats.
5. **Versatile & Convenient:** Perfect for a quick snack, lunchbox, or post-workout refuel.

Contact

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