

Lentil Shooter

- 1 cup **red lentils**
- 1 1/2 cups of water, for cooking lentils
- 3 1/2 cups **Oasis 10 Vegetable Cocktail**, room temperature
- celery sticks as garnish

Rinse lentils. Bring the **lentils** and the water to a boil, then simmer for about 8 minutes until the lentils are soft (red lentils get soft quickly).

Use a blender to combine the cooked lentils with the vegetable juice, or use a **Magic Bullet** to blend 1/4 cup cooked, still hot lentils with 1/2 cup vegetable juice for single 3/4 cup shooter sized portions. The texture is frothy, and the taste is perfect. The vegetable cocktail has such a great tangy flavour that you don't need any additional seasoning. Serve warm for best taste.

It isn't easy to come up with such a great tasting appetizer that combines healthy, no-fat, satisfying, no fuss and attractive all in one.