

Recipe for:

SPINACH BANANA MUFFINS

INGREDIENTS

- 2 cups old-fashioned oats
- ¼ cup ground flaxseed or chia
- 2 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon (consider using other warming spices – nutmeg or ginger)
- ½ cup coconut sugar or your favorite granulated sugar
- ½ cup almond milk or other milk/nondairy milk of choice
- 2 cups packed spinach leaves
- ¼ cup coconut oil
- 2 extra-ripe large bananas
- 2 eggs

DIRECTIONS

1. Preheat oven to 375 degrees F. Grease or line a muffin tin.
2. Put 2 cups of old-fashioned oats in your blender or food processor and blend until the oats achieve a course texture, almost a flour. Transfer to a medium mixing bowl.
3. Add the rest of the dry ingredients to the oat flour (ground flaxseed, baking powder, baking soda, salt, cinnamon and sugar). Set aside.
4. Add almond milk to the blender followed by 2 cups of spinach. Blend together until completely smooth.
5. Add bananas and coconut oil and blend until smooth.
6. Add eggs and pulse until just combined.
7. Pour wet ingredients to dry mixture and stir to combine (making sure there are no lumps)!
8. Fill each well in your muffin tin. Bake for 20-25 minutes or until toothpick comes out clean and the top springs back when touched.

Recipe adapted from joyfoodsunshine.com

