



Spinach Muffins

Cook Time 15 minutes

Total Time 25 minutes

Servings 24

Ingredients

- 1 ripe banana
- 1/4 cup water
- 1/4 cup almond butter (or any other nut/seed butter)
- 1 egg
- 1/4 cup honey
- 1-2 cups fresh baby spinach, loosely packed
- 1 cup rolled oats
- 1/4 teaspoon baking soda

- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt

Instructions

1. Preheat the oven to 350°F and grease a mini muffin tin.
2. Into a blender container, add the banana, water, almond butter, egg, honey, spinach, rolled oats, baking soda, cinnamon, vanilla, and salt, in that order. (Liquids on the bottom help facilitate blending better.) Blend until very smooth, stopping to scrape the sides as needed.
3. Pour the green batter into the prepared mini muffin cups.
4. Put the muffin tin in the preheated oven and bake until the muffins rise and feel firm to a light touch in the center, about 15 to 17 minutes.
5. Remove the muffins from the oven and allow them to cool at least 30 minutes before removing them from the muffin tin.