



Spinach and Banana Muffins

Fuel your back-to-school mornings with a burst of delicious nutrition with our Egg-Free Spinach and Banana Muffins. Perfect for busy mornings, these muffins are a great way to incorporate more leafy greens into your day!

Ingredients

Servings 6

1.5 cups all-purpose flour	½ cup soy milk
1/2 cup rolled oats	3 cups spinach leaves (packed)
2 teaspoons baking powder	¼ cup coconut oil
½ teaspoon baking soda	2 large bananas, ripe
½ teaspoon salt	1/2 cup applesauce, unsweetened
½ cup honey	1 teaspoon vanilla extract



Directions

1. Preheat the oven to 350 degrees F. Grease or line a muffin tin.
2. Place oats in a blender and blend until they achieve a flour-like texture. Transfer to a medium mixing bowl.
3. In the same blender, add soy milk, spinach, ripe bananas, honey, unsweetened applesauce, vanilla extract, and coconut oil. Blend until the mixture is completely pureed.

Continued on next page.



Spinach and Banana Muffins

Directions

4. Sift and combine all the dry ingredients (flour, blended oats, baking powder, baking soda, and salt) in another medium bowl.
5. Gently fold the spinach mixture from the blender into the bowl of dry ingredients until just combined. Avoid over-mixing.
6. Fill each well of the muffin tin with approximately 3/4 cup of batter.
7. Bake for 15-17 minutes or until a toothpick inserted into a muffin comes out clean, and the top of the muffins springs back when touched.

Notes

- Leftovers of these spinach banana muffins can be stored in an airtight container in the refrigerator for up to 1 week or in the freezer for up to 2 months.
- Toppings: Enhance the flavors by adding chocolate chips, jam, or shredded coconut on top of the muffins.
- Substitute with a milk alternative that suits your specific needs, such as cow's milk, oat milk, almond milk or coconut milk.