SWEET SPINACH MUFFINS

Prep Time	Cook Time	Total Time	Servings
10	22	32	18

Ingredients:

- 18 standard cupcake liners
- 270g flour, whole wheat
- 1 1/2 teaspoon cinnamon
- 2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 65g butter, unsalted
- 115ml milk
- 115ml honey
- 1 large banana
- 30g raw baby spinach (by weight)
- 1 large egg
- 1 teaspoon vanilla extract

Instructions

1. Preheat oven to 180C (Fan 160C) and line a muffin pan with paper liners (or use silicone muffin cups sprayed with cooking spray).
2. Combine all dry ingredients in a large mixing bowl.
3. Heat the butter until just melted. Using a blender or food processor, blend the raw spinach, banana, honey, milk, egg, vanilla, and melted butter until completely pureed.
4. Pour the puree into the dry ingredient bowl, and fold together gently until just combined. (Do not over-mix.)
5. Spoon the batter into the muffin pan, and bake for 18-22 minutes, or until the muffins are firm to the touch on top, but not quite browning.
6. Cool most or all of the way before serving.

Calories	Carbohydrates	Protein	Fat	Saturated Fat	Cholesterol	Salt	Sugar
139kcal	20g	3g	6g	4g	25mg	85mg	9g