

# Recipe

## Grinch Muffins



Prep: 10 Minutes  
Cook: 18-25 Minutes



Easy



Serves: 18

### Ingredients:

- 2 cups oat flour (or any type of flour you would like to use)
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 1 bag (6 oz) or 4 cups of baby spinach
- 3/4 cup real maple syrup
- 1/2 cup plain unsweetened almond milk
- 1 egg
- 1/4 cup applesauce
- 1 1/2 tsp vanilla extract
- 1 1/2 cups mashed banana (about 3 small or 2 large bananas)



### Follow these 3 easy steps:

1

Preheat oven to 350° F. Line 18 muffin cups with paper liners and spray with pam.

2

In a large bowl, add flour, baking powder, baking soda, and salt. In a food processor or blender, combine the spinach, maple syrup, almond milk, egg, applesauce, and vanilla and process until completely pureed. Add the wet ingredients and the banana to the dry ingredients and stir until well combined.

3

Fill each muffin cup about three-quarters full. Bake for 18-25 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Let cool for 10 minutes.

And voila! It's done!

