

# GREEN MONSTER MUFFINS

PREP 10 MIN



COOK 20 MINS

## INGREDIENTS

2 cups whole wheat flour

1 ½ tsp cinnamon

2 tsp baking powder

½ tsp baking soda

¼ tsp Himalayan pink salt

## OPTIONAL ADDITIONS

1 tsp spirulina

¾ cup nut milk

½ cup honey

½ cup butter/coconut oil, melted

1 banana

6 oz spinach

1 egg

1 tsp vanilla

## OPTIONAL ADDITIONS

2 tbsp hemp hearts

## DIRECTIONS

Preheat oven to 350F. Line 18 muffins tins with paper liners and spray lightly with oil. Set aside.

In a medium bowl, blend together flour, cinnamon, baking powder, baking soda, salt and spirulina. Make a well in the dry ingredients and set aside.

In a blender, add milk, honey, butter, banana, spinach, egg, vanilla and hemp hearts. Blend on HIGH until the mixture is smooth. Pour liquid mixture into the well of the dry ingredients. Using a rubber spatula and gently fold the wet ingredients into the dry ingredients until just incorporated. Do not overmix.

Using a large muffin scoop, fill muffin liners ¾ full. Bake for 18-20 mins. The top will spring back when touched. Let cool and store in an air tight container.

Yields 18 muffins