



Kaija's It's Easy Being Green In Quarantine Muffins

(GF & Kid Approved)

This recipe is one of the few ways that I can get green food into my child. These muffins make a quick afternoon snack with hopefully some leftovers for breakfast the next day. This recipe will make about 5-6 regular sized muffins, but you can double the ingredients if you want more.



YOU WILL NEED

High-powered blender
Muffin pan
1 cup old fashioned oats
1 ripe banana
1 egg
2 tablespoons of cane sugar, honey, or maple syrup
 $\frac{3}{4}$ teaspoon of baking powder
 $\frac{1}{4}$ teaspoon baking soda
Pinch of salt
1 teaspoon vanilla
 $\frac{1}{4}$ cup plain yogurt or sour cream
1 cup or large handful of fresh spinach
Handful of dark chocolate chips (as many as you want)

INSTRUCTIONS

Preheat your oven to 375 degrees. Dump everything into your blender, except for the chocolate chips, and blend. The batter will be very thick, but you can add a little milk if needed to continue blending until creamy. Line a muffin tin with cupcake liners (or I prefer to use an unlined silicone muffin pan). Pour batter into muffin holders, about $\frac{3}{4}$ full. Sprinkle some chocolate chips on each unbaked muffin and use a small spoon to gently push them into the batter. Sprinkle a couple more on top if you want! Bake for 15-20 minutes, or until the tops are beginning to brown and a toothpick comes out clean when inserted.