

End of Summer Mix

Brett Dahl

Spinach Ninja Turtle

Muffins



SPINACH NINJA TURTLE MUFFINS

An simple (and healthy) summer treat for the baking faint of heart

INGREDIENTS:

2 Medium Ripe Banana's

2 Big Cups of Fresh Spinach

2 Medium Free Range Eggs

1 Cup Rolled or Quick Oats

1/4 cup Coconut Sugar

1/4 cup Almond Milk (or your choice of milk)

1/4 cup Almond Butter (or peanut butter)

1/4 cup Maple Syrup

1 tbsp ground Flax

1/4 tsp Baking Soda

1/2 tsp Vanilla Extract

Sprinkle of Himalayan Sea Salt

Optional: A Sprinkle of Unsweetened Coconut Flakes or Shavings

Optional toppings: Blueberries *OR* Chocolate Chips *OR* BOTH! (don't put in blender)

DIRECTIONS:

1. Preheat the oven to 350 F
2. Spray your muffin tin with coconut oil *OR* use muffin liners/muffin parchment paper
3. While the oven pre-heats, place all your ingredients into your blender
4. Turn on blender and mix until everything is mixed into a smooth bright green consistency
5. Pour batter into 12 tins
6. Add your desired topping (blueberry, chocolate chip, banana, or whatever your heart desires! Maybe four of each!)
7. Place muffin tin into the oven for 15-18 minutes allowing muffins to rise
8. Remove muffin tin from oven, check consistency with a toothpick, if it comes out clear set muffins aside to cool completely before removing (muffins will sink back down a bit)
9. Put two or three into a container on your counter or fridge and save the rest in a ziplock in the freezer.
10. Enjoy to your hearts content!

