



POWERHOUSE SPINACH BLEND breakfast muffins

cook time:
30

prep time:
20

featured product:
POWERHOUSE SPINACH BLEND

start the day off right with these SUPER SPINACH! breakfast muffins! sneak your greens into one of your favorite breakfast treats! bananas, strawberries and cinnamon add yummy flavor. our SUPER SPINACH! brings on the protein to give you a healthy boost for your day! great for a breakfast on the go, served at brunch, or even as a healthy snack!



ingredients

makes 12 muffins

2 cups of **organicgirl® SUPER SPINACH! ?**

1 egg

3 ripe bananas

1/4 cup of canola oil

8 strawberries, de-stemmed

1 teaspoon of baking soda

1 1/2 cups of whole wheat flour

1 teaspoon of cinnamon

3/4 cup of sugar

1/8 teaspoon of salt

substitutions

? substitute with **SUPERGREENS!**

directions

1. preheat oven to 350°F. puree bananas, strawberries and POWERHOUSE SPINACH BLEND in a blender.

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2. in a medium-size bowl, combine flour, sugar, egg, oil, baking soda, cinnamon and salt. add the blender ingredients into the bowl and mix well.

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3. place muffin cups in a baking pan and spoon the batter into the cups. bake for 20-30 minutes. allow muffins to cool and enjoy!

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these muffins freeze well for breakfast all week! reheat in the microwave on high for 30-45 seconds or in the oven at 350°F for 10-15 minutes.

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