

Making it delicious

Leprechaun Muffins

THE
Open
Door

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/2 - 3/4 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1/4 cup oil
- 3/4 cup milk
- 6 oz. baby spinach
- 1/2 cup mashed banana
- 2 tsp. vanilla extract



Instructions:

- Preheat oven to 350°F and line two 12-cup muffin pans with paper liners.
- Whisk together dry ingredients in a large bowl: flours, sugar, baking powder, baking soda, cinnamon, and salt. Set aside.
- In a blender, place oil, milk, spinach, bananas, and vanilla. Blend on high for about 30 seconds or until completely puréed.
- Pour puréed mixture into dry mixture and fold together with a rubber spatula until completely combined.
- Fill muffin cups about $\frac{2}{3}$ full (this recipe will make 12-16 muffins) and bake for 18-20 minutes or until a toothpick inserted into the center comes out clean.

Recipe adapted from: thegreenforks.com/popeye-muffins