



YMCA of Greater Nashua Recipes

Staff Recipe

Spinach Banana Muffins

Submitted by Liz Kaas



DIRECTIONS

- Preheat oven to 375 degrees F.
- Grease or line a muffin tin.
- Put 2 cups of old-fashioned oats in your blender (Vitamix) and blend until the oats achieve the texture of flour. Transfer to a medium mixing bowl.
- Add the rest of the dry ingredients to the oat flour (ground flaxseed, baking powder, baking soda, salt, cinnamon and sugar). Set aside.
- Add almond milk to the blender followed by 2 cups of spinach. Blend together until completely smooth and homogenous.
- Add bananas and coconut oil and blend until smooth.
- Add vanilla and eggs and blend until just combined.
- Pour wet ingredients into dry mixture and stir to combine. (making sure there are no lumps!)
- Fill each well in your muffin tin with $\frac{1}{4}$ cup of batter.
- Bake for 20–25 minutes or until toothpick comes out clean and the top springs back when touched.

INGREDIENTS

- 2 cups Old Fashioned oats
- $\frac{1}{4}$ cup ground flaxseed
- 2 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1.5 tsp Cinnamon
- $\frac{1}{4}$ cup coconut sugar
- $\frac{1}{2}$ cup almond milk
- 2.5 cups packed baby spinach
- $\frac{1}{4}$ cup coconut oil
- 2–3 extra-ripe large bananas
- 2 eggs
- 1 tsp vanilla