

## Green Muffins (also called Franken-Muffins)

Spinach is a super healthy food, but it can be hard for little mouths to chew. Spinach is almost flavorless when blended into smoothies or baked goods. These muffins taste more like cupcakes, but can help your child eat more dark green veggies! These muffins are fun for Halloween or St. Patrick's Day.

**Makes 24 muffins, 15 minutes prep time, 20-25 minutes to bake**

### Ingredients

1 cup white flour  
1 cup whole wheat flour  
3/4 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 1/2 teaspoons cinnamon

1/4 cup canola oil  
3/4 cup milk  
6 ounces fresh baby spinach until smooth  
1 large banana  
2 teaspoons vanilla

### Instructions

1. Preheat the oven to 350 degrees F.
2. In a large mixing bowl, combine dry ingredients (whole wheat flour, white flour, sugar, baking powder, baking soda, salt, cinnamon).
3. Mix the dry ingredients very well. This prevents yucky clumps of baking soda & powder in your muffins. *You could also blend these ingredients together in the blender before you use it for the wet ingredients. That will ensure that everything is mixed together.*
4. In a blender, mix oil, milk, spinach, banana and vanilla until pureed. You must have a blender or food processor to grind up the spinach, chopping it with a knife will not have the same result.
5. Make a big indent in the middle of the dry ingredients in the bowl. Pour the wet ingredients (from the blender) into the well.
6. Mix until just combined, the flour should just barely be mixed in. Overmixing causes rubbery and tough muffins.
7. Spray muffin cups with nonstick cooking spray. Fill muffin cups with batter.
8. Bake for 20-25 minutes, or until a knife inserted in the center of the middle muffin comes out clean.