

Green Smoothie Muffins

from ICanTeachMyChild.com

Ingredients:

3 ripe (or overripe) bananas
8 strawberries
2 cups of raw baby spinach, packed down as much as possible
1 1/2 cups King Arthur's White Whole Wheat Flour
3/4 cups sugar
1 egg
1/4 cup canola oil
1 teaspoon baking soda
1 teaspoon cinnamon
1/4 teaspoon salt

Directions:

Remove the stems from the strawberries. Use a food processor or blender to combine the bananas, strawberries, and raw baby spinach until pureed. In a mixing bowl, combine remaining ingredients. Mix until it is coarse and crumbly. Add the pureed mixture and mix together well. Fill each lined muffin tin 2/3 full with the batter. Bake at 350 degrees Fahrenheit for 20 minutes, or until a toothpick comes out clean. Let cool and enjoy.

Makes 15-16 muffins. Approximately 140 calories per muffin.