

# Green Smoothie Muffins

Turn your green smoothie into a muffin! This recipe from our kickstart has been a huge hit. These bright green beauties are naturally sweet, packed with fibre, popular with the whole family – and easy to make. Gluten and dairy free.

These are great as breakfast or a snack for the whole family. However we would serve with a little extra protein – e.g. a small handful of nuts or scrambled eggs!

## GREEN SMOOTHIE INGREDIENTS

- 4 cups fresh baby spinach, packed
- 1 cup frozen banana slices, defrosted
- ¾ cup room temperature almond milk (suggest Elmhurst, milked almonds)
- ¼ cup maple syrup
- 1 large egg
- ½ cup extra virgin coconut oil, melted

## DRY INGREDIENTS

- 2 cups Bobs Red Mill Paleo grain-free baking flour \*
- 1 ½ tsps cinnamon
- 2 tsps baking powder
- ½ tsp baking soda
- ½ tsp salt

\* Note

could use wheat flour, but choose white wheat if you want to keep the bright green colour! The paleo one is good for adding protein.

## SUBSTITUTIONS

**Frozen banana** - fresh banana but make sure it's very ripe

**Elmhurst almond milk** – any regular milk, unsweetened almond milk or Good Karma flax milk.

**Maple syrup** – honey

**Grain free baking flour** – whole-wheat or white wheat flour

see over for recipe!

 approved recipe



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## METHOD

Preheat the oven to 350F

Prepare muffin cases by placing them in tins and if necessary, spraying with non-stick spray. You can also use mini-muffins if you like and adjust cooking time as per below.

In a large bowl, hand whisk the dry ingredients together so they are well blended.

Melt the coconut oil in a small pan on the stove top.

Whizz all the green smoothie ingredients except the coconut oil together in a blender or bullet.

Open the blender/bullet, add the coconut oil and whizz again. Make sure you remeasure the coconut oil once melted as the cold/warm measurements sometimes change! (When coconut oil hits cold/frozen ingredients it can go lumpy – this is why we have the bananas and the almond milk at room temp. If this happens to you, just wait for the mix to warm a little and blend again.)

Hand whisk the smoothie ingredients into the dry mix gently. Don't over mix.

Fill cases two-thirds full and bake for approx. 20 mins (regular size) or 17 mins (mini size.) Muffins should be firm but bouncy. They shouldn't brown much at all on top!



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