

Green Muffins

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21 Day Fix Recipe | Healthy Muffin Recipe



The emerald hue of these healthy muffins comes from spinach, but the littles will still like them!

Portion Fix Containers

1½ Yellow □

1 tsp. □

2B Mindset Plate It!

An occasional treat. Be sure to track it.

Ingredients

- Nonstick cooking spray (optional)
- 2 cups whole wheat flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. fine sea salt (or Himalayan salt)

- 1 large egg
- $\frac{1}{2}$ cup pure maple syrup
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup extra-virgin organic coconut oil, melted
- $1\frac{1}{2}$ tsp. pure vanilla extract
- 1 6-oz. bag fresh spinach
- $\frac{1}{2}$ cup unsweetened applesauce (or 2 medium ripe bananas, mashed)

Instructions

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers or lightly coating with spray.
3. Combine flour, baking powder, baking soda, and salt in a large bowl; mix well. Set aside.
4. Place egg, maple syrup, almond milk, oil, extract, and spinach in blender (or food processor); cover. Blend until smooth. Add to flour mixture; mix until just blended.
5. Gently fold in applesauce.
6. Evenly divide batter among prepared muffin cups.
7. Bake 20 to 25 minutes, or until tester inserted into the center comes out clean.
8. Transfer muffins to rack; cool.

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ENJOY!