

Little Green Muffins

INGREDIENTS

2 cups whole wheat flour
2 tsp baking powder
1/2 tsp baking soda
1 1/2 tsp cinnamon
1/2 tsp salt
1/4 cup oil (vegetable or canola)
3/4 cup almond milk (soy or cow's milk works too)
1 ripe banana
2 tsp vanilla extract
1/2 cup agave nectar
2 cups tightly packed spinach
1/2 cup chocolate chips (optional)

INSTRUCTIONS

Preheat oven to 350 degrees F.
Whisk dry ingredients together in a medium mixing bowl.
Place remaining ingredients in blender. (Except chocolate chips)
Blend until smooth.
Pour mixture into dry ingredients.
Mix until well blended. (Add chocolate chips)
Spray a muffin tin with nonstick spray.
Fill muffin cups halfway with batter.
Bake mini muffins 15-17 minutes until toothpick comes out clean.
Bake regular sized muffins 20-22 minutes.
Makes 3 dozen mini muffins or 18 regular muffins.

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