

# Spinach and Banana Muffins



These green banana muffins are delicious and healthy! Packed with five cups of spinach, they're an excellent way to add iron and fibre to kids' diets in a fun snack.

## **Ingredients**

- 2 ripe bananas
- 5 cups of Community Co Baby Spinach
- 3 tbsp light extra virgin olive oil
- $\frac{3}{4}$  cup milk
- 1 Community Co Free Range Egg
- $\frac{1}{3}$  cup Community Co Honey
- 1 tsp vanilla extract
- 2 cups whole wheat flour
- 2 tsp baking powder
- $\frac{1}{2}$  tsp baking soda

**Method:**

1. Preheat the oven to 170°C.
2. Line the muffin tin with muffin cups.
3. Combine the flour, baking powder and baking soda in a large bowl.
4. Mix all other ingredients in a blender until it becomes a purée.
5. Add the purée to the dry ingredients, then mix until just combined.
6. Divide into the muffin cups and bake for 15 minutes.