

Gluten-Free “Spinach Loaded” Banana Muffins

By Chef Amanda DeLaura



One of my goals in this new year is to increase the amount of veggies I have every day. Since breakfast seems to be the most challenging, I began adding greens to my muffins and I'm loving it! While the spinach doesn't change the flavor of the finished product, you will surprise your family with green muffins. Who knew something so green could taste so good? I hope you enjoy this recipe as much as I have. Bon appétit! Makes 8 muffins

Ingredients:

1/2 cup olive oil

1/2 coconut sugar

1 egg

1 tsp vanilla extract

3 bananas, very ripe

1 bag spinach, minced

1 cup Bob's GF all purpose flour mix

1/2 cup almond flour

1/2 cup oat flour

1 tsp baking soda

1 tsp baking powder

1/2 tsp salt

Pumpkin seeds, as desired

Directions:

1. Preheat oven to 350°F and grease 8 muffin tins.
2. In a small food processor, process spinach until minced. In a medium sized bowl, combine olive oil, coconut sugar, vanilla, egg and bananas with a whisk, mashing bananas till desired consistency. With a spatula, fold in the flours, baking powder, baking soda, salt and spinach.
3. Scoop the batter into prepared tins, sprinkle tops with pumpkin seeds, sunflower seeds or crushed walnuts. Bake at 350°F for 20 to 22 minutes, or until toothpick inserted into center comes out clean. Let cool on wire rack before enjoying. Note: If so desired, add 1/2 cup chopped walnuts or chocolate chips to batter before baking to make things spunky!