

## Spinach muffins

*I love these with almond or peanut butter and fruit but they're also delicious on their own. Slightly sweet and cake like in texture, kids love them! If you really like cinnamon add more, if you don't like it you can leave it out.*

### **INGREDIENTS**

(makes 12muffins)

- ❁ 2 1/2 cups spelt flour
- ❁ 1 tablespoon cinnamon
- ❁ 2 teaspoons baking powder
- ❁ 1/4 teaspoon salt
- ❁ 3/4 cup almond milk
- ❁ 1/3 cup agave syrup
- ❁ 1 large ripe banana
- ❁ 1 teaspoon vanilla
- ❁ 1 large egg
- ❁ 3/4 cup canola oil
- ❁ 3 cups spinach (150g). Make sure you pack the cups really well with the spinach.
- ❁ Pumpkin seeds to top (optional)

### **METHOD**

- ❁ Preheat oven to 180°C and line a muffin tray with muffin cases
- ❁ Sieve the flour, cinnamon, salt and baking powder into a large bowl
  - ❁ Apart from the pumpkin seeds (if using) put the rest of the ingredients in a blender. Blend till mixed well and all the spinach is completely broken down.
- ❁ Pour the wet mix into the flour mix and using a spatula, mix till combined.
- ❁ Pour into your lined muffin tray, sprinkle with seeds and bake for 25mins.