

ONE BITE

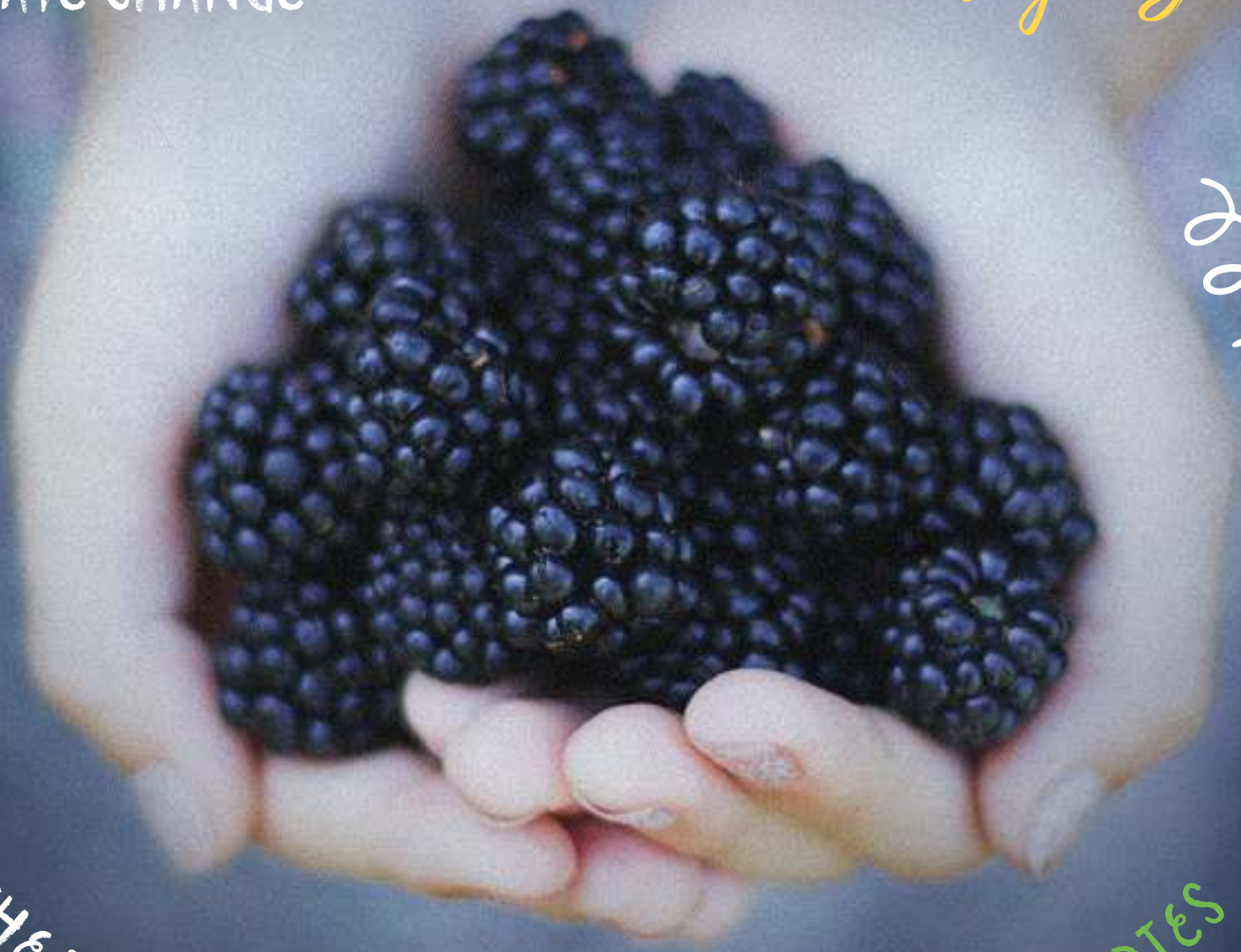
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Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

Spinach Muffins

By Monica Davis

These healthy spinach muffins are a delicious kid-friendly treat, yet they're packed with bananas and tons of spinach. Hulk Muffins, Green Machine Muffins, Mint Chocolate Chip Muffins, Blender Muffins, Toddler Muffins whatever you want to call them, they'll get your picky eater loving spinach!

PREP TIME:

10 mins

COOK TIME:

20 mins

TOTAL TIME:

30 mins

SERVINGS:

36

CALORIES:

76 kcal

INSTRUCTIONS

1. Preheat your oven to 375° F.
2. Mix flax meal and water in a small bowl and set aside.
3. Put the dry ingredients into a mixing bowl and give them a stir.
4. Blend the bananas with all the wet ingredients in a blender.
5. Add spinach and blend again until smooth and green (fill the blender with as much spinach that you can fit, blend and then add more spinach if needed).
6. Pour the green blended mixture into the dry ingredients in the mixing bowl.
7. Stir until well combined.
8. Pour into muffin tins that have been sprayed with a little oil or into cupcake liners.
9. Bake for 18 -23 minutes depending on the size of your muffin. (Mini muffins are usually done in 18-20 minutes).

INGREDIENTS

WET INGREDIENTS FOR THE BLENDER

- 1 tbsp flax meal
- 2 1/2 tbsp water to mix with the flax meal
- 2 medium ripe bananas
- 3/4 cup plant-based milk (Any type will do like almond or soy milk)
- 3/4 cup maple syrup or agave nectar (add additional 1/4 cup for sweeter muffins).
- 1/4 cup coconut oil or any neutral flavored oil
- 1 tsp mint extract or 2 tsp vanilla extract for sweet spinach muffins
- 5 oz. spinach (about 5 cups)

DRY INGREDIENTS:

- 2 cups flour gluten-free flour mix or regular all-purpose flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp Salt
- 1 cup chocolate chips mini chips work best for mini muffins.



Monica Davis —

Monica is the blogger behind thehiddenveggies.com. With over 19 years of vegan cooking under her belt, her blog shares all the best recipes that will feed a hungry family. Monica's mission is to help others wanting to transition veganism by showing them that they don't have to give up their favourite comfort foods.

Website: thehiddenveggies.com

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