

Spinach Banana Muffins

The perfect snack or breakfast for kids to help make, and enjoy, along with yourself!

By: Twin Mom Refreshed

Prep Time: 15 minutes

Cook Time: 17 minutes

Ingredients:

- 2 1/2 cups white whole wheat flour (all-purpose or whole wheat will work also)
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 egg
- 3/4 cup milk of choice
- 3/4 cup coconut sugar (honey or pure maple syrup would work too)
- 1 tsp. vanilla extract
- 2 cups fresh spinach (frozen would work if thawed first)
- 2 very ripe bananas
- 1/2 cup chocolate chips (optional)

Directions:

1. Preheat oven to 350 degrees F. Line muffin tin with liners or grease muffin tin well. Silicone liners work good due to peeling off muffins easily.
2. Mix dry ingredients (flour, baking powder, baking soda, salt, and coconut sugar).
3. Add the egg, milk, oil, vanilla, bananas, and spinach to blender. Blend well until smooth.
4. Pour spinach mixture into the dry ingredients and mix. (Do not overmix or muffins will be dry).
5. Fold in chocolate chips.
6. Scoop batter into the muffin tins, about 2/3 full.
7. Bake for 16-18 min or until a tooth-pick comes out clean.
8. Let the muffins cool completely before peeling the wrapper off.

* Can be in the freezer for up to 3 months*



Match the animal with their favorite food

Literacy Walk

- Find something that rhymes with **bee**.
- Find an object that begins with the /c/ **sound**. (candy)
- Find something that has **two syllables**. (sidewalk)
- Find a letter **S**. (Stop sign)
- Find an object that ends with the /t/ **sound**. (hat)
- Find something that rhymes with **jar**.
- Find something that has **three syllables** (basketball)
- Find a letter **O**. (On a license plate)

