

BREAKFAST

Chocolate Chip Green Muffins



Recipe makes 6 muffins (1 serving = 2 muffins)

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 3 cups baby spinach
- ¼ cup unsweetened applesauce
- ½ cup coconut oil, room temperature
- 2/3 cup agave syrup
- 1 tsp vanilla
- 2 eggs
- 1 very ripe banana, mashed
- 2 cups unbleached flour
- 3 tsp baking powder
- ½ tsp ground sea salt
- 2 tbsp dark chocolate chips

INSTRUCTIONS

1. Process the spinach and applesauce in a large blender until smooth.
2. In a standing mixer fitted with a paddle attachment, beat the spinach mixture, coconut oil, agave, vanilla, eggs and banana until smooth.
3. Add in the flour, baking soda and salt. Mix until well blended.
4. Divide mixture between 6 large cupcake liners, and top with chocolate chips.
5. Bake for 20-25 minutes, or until a toothpick inserted in the center comes out clean.
6. Let cool on cooling rack.