



BLUEBERRY SPINACH MUFFINS

July 11

National Blueberry Muffin Day

INGREDIENTS

- 2 Large Eggs
- 3 Medium Overripe Bananas
- 6 Ounces Applesauce
- ¼ Cup Vegetable Oil
- ¼ Cup Honey
- 1 Teaspoon Vanilla
- 10 Ounces Frozen Spinach (thawed and squeezed dry)
- 2 Cups All-purpose Flour (enriched)
- 2 Teaspoons Baking Powder
- ½ Teaspoon Baking Soda
- ½ Teaspoon Salt
- 1 Cup Fresh Blueberries

DIRECTIONS

1. Preheat oven to 350°. Prepare a muffin tin with muffin liners or non-stick cooking spray.
2. To a blender add eggs, bananas, applesauce, oil, honey, vanilla, and spinach. Blend until well mixed.
3. In a large bowl mix the blended ingredients with the flour, baking powder, baking soda, and salt. Blend until just mixed.
4. Gently fold in blueberries
5. Bake muffins for 20 minutes or until a toothpick inserted into the muffin comes out clean.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

| Toddler | Preschool | School Age | Adult |
|----------|-----------|------------|-----------|
| ½ Muffin | ½ Muffin | 1 Muffin | 2 Muffins |