

Spinach Muffins

Wet Ingredients



1 banana



½ cup plain yogurt



½ cup fresh spinach



2 Tablespoons oil



1 egg

Dry Ingredients

1.



1¼ cup of flour

4.



¼ teaspoon of salt

2.



1 teaspoon baking powder

5.



½ teaspoon cinnamon

3.



½ teaspoon baking soda

6.



⅓ cup granulated sugar

Instructions

Place the flour, salt, baking powder, baking soda, cinnamon, and sugar into a bowl and stir. Place all of the wet ingredients into a blender. Blend until smooth. Pour this mixture into the bowl of dry ingredients and stir until blended. Place batter into lined miniature muffin cups. Bake for 10 minutes at 350 degrees.