

# SHAMROCK MUFFINS

**Serves:** 12

**Approximate Cost of the Recipe:** \$3.43

**Approximate Cost per Serving:** \$0.29



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## INGREDIENTS:

- 2 ripe bananas, peeled
- ½ cup frozen or canned spinach  
OR 10 oz fresh spinach,  
steamed
- ½ cup plain Greek yogurt
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups old fashioned oats
- 3 Tablespoons brown sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¼ teaspoon salt

## DIRECTIONS:

1. Preheat oven to 350°F.
2. Wash all fresh produce under running water.
3. If using frozen spinach, microwave for two minutes and drain excess liquid.
4. In a blender, combine bananas, spinach, yogurt, eggs, vanilla extract, oats, brown sugar, baking soda, baking powder, and salt. Blend until smooth.
5. Pour batter into greased muffin tin or muffin tin with paper liners.
6. Bake for 20–25 minutes or until toothpick inserted into the center of the muffins comes out clean.
7. Serve and enjoy!