

# Green Smoothie Muffins

9 ingredients · 25 minutes · 12 servings



## Directions

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1. Preheat your oven to 350°F (177°C) and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
2. In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
3. Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
4. Let cool and enjoy!

## Notes

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### Recommended Protein Powder

This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

### Leftovers

Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

### Add-Ins

After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!

## Ingredients

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- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Unsweetened Almond Milk
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsps Baking Powder