

Sweet Spinach Muffins

Ingredients:

$\frac{3}{4}$ cup milk

$\frac{1}{2}$ cup butter, melted

$\frac{1}{2}$ cup honey

4 cups spinach

1 large banana, ripe

1 egg

1 teaspoon vanilla essence

2 cups self-raising flour

1 $\frac{1}{2}$ teaspoons cinnamon

Method:

- Pre heat oven to 180 degrees. Line 2 muffin trays with patty pans and set aside.
- To a blender add milk, spinach, banana, honey, egg, vanilla and melted butter. Blend until completely pureed.
- Combine all dry ingredients.
- Add the wet ingredients into the dry ingredients and gently fold together. Do not over mix.
- Scoop mixture into prepared muffin trays and cook for 10-15minutes. Don't let them go brown!
- Divide between 4 plates to serve.