

# Spinana Muffins



## TOOLS WE NEED

2 BOWLS  
1 MIXING SPOON  
1 WHISK  
1 SPATULA

MEASURING CUPS  
MEASURING SPOONS  
BLENDER  
MUFFIN PAN  
CUPCAKE LINERS

## "WET" INGREDIENTS

1/3 CUP VEGIE OIL  
3/4 CUP SUGAR  
2 EGGS

## "DRY" INGREDIENTS

2 CUPS FLOUR  
1 TSP BAKING SODA  
1/2 TSP SALT  
1/4 TSP CINNAMON

## YUMMY INGREDIENTS

3 REALLY RIPE BANANAS  
3/4 CUP THAWED  
SPINACH, WELL DRAINED

## DIRECTIONS

1. PREHEAT OVEN TO 350
2. MIX THE "WET" INGREDIENTS TOGETHER IN ONE BOWL.
3. MIX THE "DRY" INGREDIENTS TOGETHER IN ANOTHER BOWL.
4. MIX TOGETHER THE DRY AND WET INGREDIENTS TO MAKE PLAIN BATTER.
5. USING THE BLENDER, PUREE THE BANANAS AND SPINACH TOGETHER TO MAKE **SPINANA!**
6. MIX TOGETHER THE PLAIN BATTER AND SPINANA TO MAKE **SPINANA BATTER!**
7. POUR SPINANA BATTER INTO THE LINED MUFFIN PAN.
8. BAKE FOR 20 TO 23 MINUTES UNTIL INSERTED TOOTHPICK COMES OUT CLEAN.