

Banana Smoothie Muffins
By Jenny Sugar www.popsugar.com

Adapted to be vegan and gluten-free by Tracy Ware

3-4 very ripe bananas
8-12 strawberries
2 cups packed fresh spinach

flax egg (1.5 tbsp flax meal + 4 tbsp warm water, whisk 30 secs)

1 cup gluten free flour blend (Trader Joe's or Bob's Red Mill)
3/4 cup gf oatmeal
1/2 cup (or less) sugar
1 tsp baking soda
1 tsp cinnamon
1/8 tsp sea salt
1/4 cup earth balance

Oven to 350

Purée banana, strawberries and spinach in blender or vitamix- should be like a thick drink, but easily pourable.

Prepare flax egg- whisk flax meal & water in small bowl and set aside

All dry ingredients (flour, oatmeal, sugar, baking soda, cinnamon & salt) in large bowl, stir to combine-

Add purée, earth balance (or oil) and flax egg to the
Flour mixture -- stir well to combine

This recipe usually yields more than 12 muffins (maybe 14-18 depending)

If you have more than one muffin tin, great!

I do not, so I use my loaf pan for any batter left after 12 muffin tins..

Line muffin tins with liners and fill each muffin cup about 3/4 full - tap to even out

Bake for 20-30 mins- my oven always takes 30 full minutes, but every oven is different, so always check for doneness with a toothpick... if you use a loaf pan, you can see the edges creep away from the pan - that's a good sign it's done or close to it!

Enjoy!