



CLV Green Smoothie Muffins

12 servings

25 minutes

Ingredients

- 1 tbsp Avocado Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Protein Powder (unsweetened)
- 2 tbsps Raisins
- 3/4 cup Canned Coconut Milk
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder

Nutrition

Amount per serving	
Fat	6g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	7g

Directions

- 1 Preheat your oven to 350F and line a muffin tin with liners. Brush the liners with oil or use silicone cups to prevent the muffins from sticking.
- 2 In your blender, combine the avocado oil, baby spinach, bananas, protein powder, raisins, 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

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!

No Avocado Oil: Use coconut oil or ghee instead.

No Coconut Milk: Use any non-dairy milk instead.

No Raisins: Use medjool dates or any other dried fruit instead.