



Wheeler

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Spring Green Raspberry Muffins

These muffins make me think of spring with their green color and pop of red in the center. Packed with fruit and veggies, these muffins are high in fiber and relatively low in sugar. The recipe can be easily adapted to be allergen free.

Ingredients

- 2 eggs*
- 1 ripe banana
- 1 cup unsweetened applesauce
- 1/3 cup honey or maple syrup
- ¼ cup canola oil
- ½ teaspoon vanilla or raspberry extract
- 2 cups rolled oats
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 1 ½ teaspoon apple cider vinegar
- ¼ cup milk or milk substitute
- 2 big handfuls of fresh baby spinach or 1 ½ cups of frozen spinach
- 1 pint or fresh raspberries or 1 cup frozen raspberries or ½ cup raspberry jam

Substitutions

*for an egg free version replace eggs with 2 tablespoons of flaxseed meal or chia seeds soaked in 6 tablespoons of water for 5 minutes

Equipment

Blender or food processor*

Rubber spatula

Measuring cups

Muffin tin

Measuring spoons

Muffin tin liners or cooking spray

*If you do not have a blender or food processor you can use oat flour instead of rolled oats, use a fork to mash the banana and finely chop spinach with a knife, the green color may be slightly diminished, but they will still be yummy.

Directions

1. Preheat the oven to 350 and line muffin tin with liners or spray with cooking spray.
2. Combine all ingredients in food processor and blend until smooth
3. Pour into muffin tin – about 1/3 cup of batter for each muffin. Place 3-4 fresh or frozen raspberries in the center of each muffin. If using jam, place 1 teaspoon in the center of muffin. Bake 17-20 minutes in 350-degree oven until toothpick inserted in middle comes out clean

😊 Little helpers: Kids can gather ingredients, measure out ingredients and dump them into the blender. Allow little ones to put the muffin liners in and portion out the batter. They will also have fun decorating the tops of the muffins with the raspberries.

🍏 Nutrition: These muffins are not only low in sugar but provide a dose of leafy greens too! The green color makes them fun for kids to eat. Oats and fruit provide fiber. These muffins are gluten free, nut free and can be adapted to be dairy and egg free.