



Green Goblin Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 1 bananas
- ☐ 1 lemon zest
- ☐ 0.3 cup plant-based milk
- ☐ 1 cup pineapple diced canned crushed
- ☐ 0.3 cup sugar raw
- ☐ 2 cup pkt spinach fresh

- ☐ 1 tbsp vanilla extract
- ☐ 2 cups flour whole wheat white

Equipment

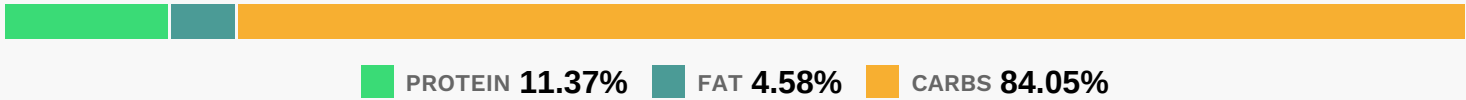
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ muffin tray
- ☐ juicer

Directions

- ☐ Combine pineapple (with juices), spinach, banana, vanilla extract, and non-dairy milk in a blender or food processor until well combined -- makes a green goop.
- ☐ Mix remaining ingredients in a bowl . Then pour in spinach mixture, stirring to combine. If it looks dry, add another 2-4 tbsp non-dairy milk (I find some pineapple is juicer than others). I added 3 tbsp.Spoon into a greased muffin pan and bake 15-20 minutes at 375F. Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 50g
- ☐ Carbohydrate
- ☐ 40gDietary Fiber2.60gSugars3.20gProtein3g

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:1.23, Inflammation Score:-4, Nutrition Score:3.5643477945224%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 108.63kcal (5.43%), Fat: 0.57g (0.87%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 20.79g (7.56%), Sugar: 7.91g (8.79%), Cholesterol: 0.61mg (0.2%), Sodium: 121.42mg (5.28%), Alcohol: 0.37g (100%), Alcohol %: 0.77% (100%), Protein: 3.17g (6.34%), Vitamin K: 24.32µg (23.16%), Fiber: 2.61g (10.46%), Vitamin A: 491.17IU (9.82%), Vitamin C: 4.32mg (5.24%), Iron: 0.7mg (3.9%), Manganese: 0.08mg (3.8%), Calcium: 34.36mg (3.44%), Potassium: 115.06mg (3.29%), Folate: 12.49µg (3.12%), Vitamin B6: 0.06mg (3.07%), Magnesium: 9.79mg (2.45%), Vitamin B1: 0.03mg (1.71%), Vitamin B2: 0.03mg (1.66%), Copper: 0.03mg (1.6%), Phosphorus: 13.07mg (1.31%)