

# Tiny Plate, Tiny Waist's

## Green Medley Muffins

This recipe is casein free and vegan!!! It is gluten-free if you use brown rice flour.

**Have a muffin for breakfast to complement your healthy lifestyle!**

**Serve as a healthy bread option for a snack or dinner!**

**[www.tinyplatetinywaist.com](http://www.tinyplatetinywaist.com)**

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This recipe requires a food processor. This recipe also takes a little more effort than the Harvest Spice Muffin recipe because you need to steam the spinach. If you are new to cooking or if you do not have a food processor, you may want to bake the Harvest Spice Muffins instead.

1 cup spinach (firmly packed)	1/4 cup potato starch
2 bananas	1/4 cup 100% maple syrup or agave nectar
1 granny smith apple	2 tablespoons orange juice
2 kiwis	2 teaspoons baking powder
1 cup brown rice flour or all-purpose flour ( <b>Brown rice is gluten-free and a healthier option, but if you are just starting your healthy lifestyle, you may want to try all-purpose flour at first.</b> )	3 packets of stevia
1/3 cup coconut oil	1 teaspoon baking soda
1/4 cup quinoa flour	1 teaspoon vanilla extract
1/4 cup millet flour	1/4 teaspoon cinnamon
	1/4 teaspoon Himalayan salt (optional)
	non-stick cooking spray

1. Preheat the oven to 375 degrees Fahrenheit.
2. Read the instructions and warnings for your food processor and steamer.
3. Fill a steamer with ample water. (The amount of water will vary depending on your pot and steamer size. You most likely want 2 inches of water in the pot.)
4. Place the pot on a stove burner.
5. Rinse the spinach under running water.
6. Place the spinach in the steamer inside the pot.
7. Place the lid on the steamer or pot.
8. Turn the stove burner to high.
9. Allow the water in the steamer to come to a boil and steam the spinach for 5 minutes.
10. Meanwhile, wash the apple under running water. (Veggie wash is nice to use if you have it.)
11. Place the apple on a cutting board.
12. Carefully cut the apple in half.
13. Place one half of the apple face up on the cutting board.
14. Line the knife up to be parallel with the core but slightly to one side.
15. Cut down diagonally towards the middle of the apple.
16. Line the knife up to be parallel with the core on the other side.
17. Cut down diagonally towards the middle of the apple. This will remove a triangular wedge with half of the core.
18. Repeat with the other apple half.
19. Discard the triangular core halves.
20. Place the apple chunks into a food processor.

21. Don't forget to turn off the stove burner for the spinach after steaming for five minutes. ☺
22. Drain the spinach and place it into the food processor along with the apple pieces.
23. Peel the kiwis using an apple peeler.
24. Place the kiwis on a cutting board.
25. Cut off 1/4 inch on either end of the kiwis.
26. Discard the kiwi ends.
27. Carefully cut each kiwi in half horizontally.
28. Cut each kiwi again vertically.
29. Place the kiwi quarters into the food processor.
30. Peel the bananas.
31. Break each banana into three or four pieces and place them in the food processor.
32. Add the orange juice to the food processor.
33. Pulse the food processor for about 45 seconds.
34. Scrape the sides of the food processor with a plastic spatula.
35. Pulse the food processor for another 45 seconds.
36. Scrape the sides of the food processor with a plastic spatula.
37. Pulse the food processor for an additional 45 seconds.
38. Carefully remove the blade from the food processor and scrape the green medley into a large mixing bowl.
39. Add the coconut oil, syrup, stevia and vanilla to the large bowl. (You may need to warm the coconut oil slightly to get it to mix into the batter. It could be solid depending on the temperature in your kitchen.)
40. Stir the mixture thoroughly and then set it aside.
41. Place flours, baking powder, baking soda, cinnamon and salt (optional) in a medium-sized bowl. Stir the dry ingredients thoroughly.
42. Add the dry ingredients to the large bowl containing the wet ingredients. Stir 30 strokes.
43. Grease a 12-welled muffin tin with non-stick spray. (I find that non-stick spray is helpful even when using non-stick cookware and makes it less likely that the muffins will break when removing them from the tin.)
44. Pour the muffin batter into the muffin tin using a 1/4 measuring cup. Top off the muffin tin wells with the remaining batter until they look approximately even.
45. Place the muffin tin in the oven. Bake for 20 minutes.
46. Carefully remove the muffin tin from the oven using oven mitts. Place the muffin tin on a trivet or potholders. The muffins should have a lightly golden brown tint. Insert a toothpick in the middle of a muffin. There should be some crumbs, but no wet batter on the toothpick. If the muffins are not golden brown tinted or if there is wet batter on the toothpick, put the muffin tin back in the oven for two more minutes and then check on the muffins again.
47. When you have determined that the muffins are done cooking, put them on a trivet or potholders and allow the tin to cool for 2 minutes.
48. Don't forget to turn the oven off. ☺
49. Using the oven mitts, pick the muffin tin back up and transfer the muffins to a cooling rack. (I like to use a plastic knife to loosen the muffins before removing them. This makes it less likely that the muffins will break during the removal process.)
50. Allow the muffins to cool for 10-15 minutes before eating.
51. Enjoy the muffins and refrigerate or freeze any leftovers as they will spoil if left on the counter. ☺

**If you enjoyed this recipe, please check out the book! It has tons of healthy recipes, fun exercises and relaxation routines to melt away your stress!**

Tiny Plate, Tiny Waist: A Plan for Fitness, Weight Loss and Stress Reduction

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