



Banana Kale Muffins

12 Servings • 1 Serving = 1 Muffin

INGREDIENTS

- $\frac{3}{4}$ cup oat flour
- $\frac{3}{4}$ cup whole wheat flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- 1 pinch salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{2}$ cup unsweetened applesauce
- 1 large egg
- 2 teaspoons vanilla extract
- 3 cups kale, chopped and destemmed
- 1 banana, peeled
- $\frac{1}{4}$ cup maple syrup
- 2 Tablespoons coconut oil

DIRECTIONS

1. Preheat oven to 375°F.
2. Line a muffin tin with paper liners or coat with cooking spray.
3. Whisk together the oat flour, whole wheat flour, baking powder, baking soda, salt, cinnamon, and nutmeg.
4. In a blender, combine the applesauce, egg, vanilla, kale, banana, maple syrup, and coconut oil. Blend on low speed until combined.
5. Add the blended wet mixture to the dry and mix gently to combine. Scoop the batter into the prepared muffin tin and bake for 16-18 minutes or until a toothpick inserted comes out clean.

Recipe developed by the San Antonio Food Bank

Nutrition Facts

| | |
|-------------------------------|-----------------|
| 12 servings per container | |
| Serving size | 1 muffin |
| Amount per serving | |
| Calories | 110 |
| % Daily Value* | |
| Total Fat 3.5g | 4% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 90mg | 4% |
| Total Carbohydrate 18g | 7% |
| Dietary Fiber 2g | 7% |
| Total Sugars 7g | |
| Includes 4g Added Sugars | 8% |
| Protein 2g | |
| Vitamin D 1mcg | 6% |
| Calcium 72mg | 6% |
| Iron 1mg | 6% |
| Potassium 118mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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