

# Recipe of the Month: Sweet Spinach Muffins

## What you need:

18 standard – cupcake liners  
2 cup – flour, whole wheat  
1 1/2 teaspoon – cinnamon  
2 teaspoon – baking powder  
1/2 teaspoon – baking soda  
1/4 teaspoon – salt  
3/4 cup – milk  
1/2 cup – honey  
1 large – banana  
6 ounce – spinach  
1/2 cup – butter, unsalted  
1 large – egg  
1 teaspoon – vanilla extract

## What to do:

Preheat oven to 350 F, and line a muffin pan with paper liners (or use silicone muffin cups sprayed with cooking spray).

Combine all dry ingredients in a large mixing bowl.

Melt butter. Blend the wet ingredients in a blender or food processor until completely pureed.

Pour the puree into the dry ingredient bowl, and fold together gently until just combined. (Do not over-mix.)

Spoon the batter into the muffin pan, and bake for 18-22 minutes, or until the muffins are firm to the touch on top, but not quite browning.

Cool most or all of the way before serving.

**Nurses: Wednesday 9:30**

**Toddlers: Wednesday 10:00**

**Tuos: Friday 10:00**

**Threes: Monday 10:30**

**Fours: Monday 11:45**



  
**March 2018**

### 5<sup>th</sup>-9<sup>th</sup>

3's and 4's: green nibble trays

Toddlers and 2's: green nibble trays

Infants: green food exploration (tasting for the older friends)



### 12<sup>th</sup>-16<sup>th</sup>

3's and 4's: St. Patrick's Day yoga

Toddlers and 2's: St. Patrick's Day yoga

Infants: Baby yoga



### 19<sup>th</sup>-23<sup>rd</sup>

3's and 4's: Rainbow classroom nibble trays + "Colorful Foods" book

Toddlers and 2's: Rainbow classroom nibble trays + "Eating The Rainbow" book

Infants: Rainbow food exploration + "Eating The Rainbow" book

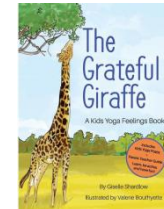


### 26<sup>th</sup>-30<sup>th</sup>

3's and 4's: The Grateful Giraffe

Toddlers and 2's: The Grateful Giraffe

Infants: Baby yoga



[www.joyfulnoisekids.com](http://www.joyfulnoisekids.com) | [www.jnnutritionnews.blogspot.com](http://www.jnnutritionnews.blogspot.com)

email: [nutrition@joyfulnoisekids.com](mailto:nutrition@joyfulnoisekids.com)

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." - 1 Corinthians 6:19-20