



BLUEBERRY KALE MUFFINS

Instructions:

Preheat oven to 350. Simmer kale on stovetop in 1-2 inches of water, until kale is dark green and soft. Drain and add to food processor with water, syrup, applesauce, vinegar and vanilla. Blend until evenly mixed, resembling a smoothie. Pour green mixture into bowl and stir in dry ingredients. Mix in blueberries and scoop into a 12 cup muffin tin. Bake at 350 for 18 minutes, until tops are firm to the touch. Best served warm.

Ingredients:

2 c chopped and stemmed kale
1/2 c water
1/2 c pure maple syrup
2 T unsweetened applesauce
1 T apple cider vinegar
1 t vanilla extract
1 ½ c oat, whole wheat, or
gluten-free flour
1 t baking soda
1 t cinnamon
1 c fresh blueberries