

## **Recipe Details**

Recipe Name - Kale Apple Muffins

Recipe Steps -

## Ingredients

- 4 cups kale, stripped and chopped
- 1 cup pure maple syrup
- 2 tsp vanilla extract
- 3/4 cup unsweetened Applesauce
- 2 Tbsp Apple cider vinegar
- 3 cups whole wheat flour
- 2 tsp baking soda
- 1 large apple, diced

## Instructions

- 1. Cook kale in a steamer for 7 to 8 minutes.
- 2. Once steamed, place in a food processor and blend until smooth.
- 3. Add maple syrup, vanilla, apple cider vinegar, and baking soda; blend well
- 4. Stir in flour and diced apples.
- 5. Place batter in silicon muffin pans and bake at 350 degrees for 30 minutes. For small muffins, bake for 23 to 25 minutes\*.
- \*Note: these are very moist inside; therefore, they may not seem done when they actually are.
- 6. Enjoy



