



## 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



