

## Spinach and Beets Cornbread Muffins



### Ingredients:

1/2 cup butter, softened  
1/3 cup sugar  
3 eggs  
3/4 cup evaporated milk  
1/2 cup cornmeal  
1 1/3 cup all-purpose flour  
1 tsp. salt  
3 heaping tsp. baking powder

1/2 cup baby spinach, rinsed\*  
1 very small beet, steamed

If you want to make JUST spinach or JUST beet cornbread then double the amount of the veggies (1 cup of spinach, and 2 small or 1 medium beet).

Bake it in 9 inch pan.

### Directions:

1. Preheat the oven to 400 F. In a blender, puree the butter, sugar, eggs and evaporated milk for about 30 seconds.
2. In a large bowl, combine the cornmeal, flour, salt, and baking powder.
3. Add the dry mixed ingredients to the blender and blend until just combined.
4. Pour half of the batter out leaving another half in a blender.
5. Add the spinach to the batter left in a blender and blend until the mixture is evenly green and there is no big pieces of spinach left.
6. Pour the batter into muffin forms to about 3/4 full.
7. Transfer the remaining batter into the cleaned blender and add cut into small cubes steamed beet. Blend until well incorporated.
8. Transfer the batter to muffin forms.
9. Bake for 25 minutes.

