February 20th is National Muffin Day.

Spinach Banana Muffins

Ingredients:
- 2 cups old-fashioned oats
- 1/4 cup ground flaxseed
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/2 cup sugar
- 1/2 cup almond milk
- 2 cups packed spinach leaves
- 1/4 cup coconut oil
- 2 extra-ripe large bananas
- 2 eggs
- 1 tsp vanilla

Directions:
1. Preheat oven to 375°F. Grease or line a muffin tin.
2. Put 2 cups of old-fashioned oats in your blender and blend until the oats achieve the texture of flour. Transfer to a medium mixing bowl.
3. Add the rest of the dry ingredients to the oat flour (ground flaxseed, baking powder, baking soda, salt, cinnamon and sugar). Set aside.
4. Add almond milk to the blender followed by 2 cups of spinach. Blend together until completely smooth.
5. Add bananas and coconut oil and blend until smooth.
6. Add vanilla and eggs and blend until just combined.
7. Pour wet ingredients to dry mixture and stir to combine (making sure there are no lumps).
8. Fill each well in your muffin tin with 1/4 cup of batter. Bake for 20-25 minutes or until toothpick comes out clean and the top springs back when touched.

40 years ago, U.S. hockey team beats the Soviets in the ‘Miracle on Ice’

On February 22, 1980, in one of the most dramatic upsets in Olympic history, the underdog U.S. hockey team, made up of college players, defeated the four-time defending gold-medal winning Soviet team at the XIII Olympic Winter Games in Lake Placid, New York. The Soviet squad, previously regarded as the finest in the world, fell to the youthful American team 4-3 before a frenzied crowd of 10,000 spectators.

“For the first time in the game, the Americans had the lead, and the crowd erupted in celebration. There were still 10 minutes of play to go, but the Americans held on, with their goaltender, Jim Craig, making a few fabulous saves. With five seconds remaining, the Americans finally managed to get the puck out of their zone, and the crowd began counting down the final seconds. When the final horn sounded, the players, coaches, and team officials poured onto the ice in raucous celebration. The Soviet players, as awestruck as everyone else, waited patiently to shake their opponent’s hands.”