

Healthy Strawberry Rhubarb Muffins – VEGAN Recipe!



This is actually a recipe for Strawberry Peach Muffins but since I had an abundance of rhubarb and no peaches, I decided to modify this one and I think it turned out pretty well! Enjoy- Dr. Joanne Dawe!

- 1 cup all-purpose flour – I used spelt
- ½ cup whole wheat flour – I used spelt
- ½ cup quick oats – I don't have the quick oats and it still turned out fine
- 1 tbsp baking powder
- ½ tsp salt
- ½ tsp cinnamon
- 2/3 cup sugar
- ¼ cup vegan butter (like earth balance) – I used coconut oil
- ½ cup unsweetened applesauce
- 1/3 cup play soymilk – I used plain almond milk
- 1 tsp vanilla extract
- ½ cup finely chopped pecans – I didn't have
- 1 cup fresh strawberries, diced up tiny
- Rhubarb...probably about 1 cup also chopped/diced small
- o NOTE – the actual recipe calls for 1 large peach, peeled and diced small

Pre-heat oven to 350F and grease muffin tin or use your muffin cups. Whisk dry ingredients in a bowl and set aside. In another bowl add sugar, butter, applesauce, almond milk, vanilla and pecans. Whisk together until mixed. Add dry ingredients to this and stir until just combined. Gently fold in the fruit. Spoon into muffin tins and bake for 20-25 minutes. These muffins are very dense and moist! Store them in the fridge and they will keep for at least 1 week – mine didn't last longer than that.