



Makes 12 muffins
Preparation Time: 20 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 cup white whole wheat flour
1 cup rolled oats
1½ teaspoon baking powder
½ teaspoon ground cinnamon
¼ teaspoon sea salt
2 tablespoons flaxseed meal
¾ cup unsweetened, unflavored plant-based milk
1 medium ripe banana
½ cup chopped dates
2 teaspoon pure vanilla extract
1 cup chopped fresh strawberries
½ cup chopped fresh or frozen rhubarb
2 tablespoons sliced almonds, chopped

Vegan Strawberry-Rhubarb Muffins

These moist, tender vegan muffins taste like a strawberry smoothie, with **rhubarb** providing a hint of tartness that dials up the mouthwatering factor. Rather than oil or eggs, this healthy recipe uses flaxseed and a **ripe banana** to bind all the ingredients together while adding moisture and natural sweetness.

Tip: We do not recommend using paper baking cups for these, as they will stick to the muffins.

By Nancy Macklin, RDN

- 1** Preheat oven to 375°F. Line twelve 2½-inch muffin cups with foil liners or use a silicone muffin pan. (See tip, recipe intro.)
- 2** In a large bowl stir together the first five ingredients (through salt). In a small bowl combine flaxseed meal and ¼ cup water; let stand 5 minutes.
- 3** In a blender combine flaxseed mixture and the next four ingredients (through vanilla). Cover and blend about 2 minutes or until very smooth. Add to flour mixture; stir just until moistened. Stir in strawberries and rhubarb.
- 4** Spoon batter into prepared muffin cups. Sprinkle with almonds. Bake 20 to 25 minutes or until a toothpick inserted in centers comes out clean. Cool in pan on a wire rack 10 minutes. Transfer muffins to wire rack; cool completely.