

Strawberry Rhubarb Vegan Muffins

For the muffins

- 2 cups Whole Wheat flour
- 1/2 cup unrefined sugar or honey
- 2 teaspoons ground cinnamon
- 1 teaspoon freshly grated nutmeg
- 2 teaspoons baking powder
- 2 Tbs flax seed meal
- 3 oz water
- 1/2 cup canola or sunflower oil
- 3/4 cup soy or almond milk
- 2 teaspoons vanilla extract
- 2 stalks rhubarb chopped into small pieces
- 8 oz strawberries chopped

Directions:

Prep Time: 20 mins

Total Time: 45 mins

1. Preheat oven to 350 F. Line 18 muffin cups with paper lines or grease.
2. To make the muffins, stir together the flour, sugar, cinnamon, nutmeg and baking powder, in a bowl.
3. In a small sauce pan boil water and add flax meal. Stir until it makes a thick gel. Remove from heat.
4. In another bowl, whisk together the flax mixture, oil, non dairy milk, and vanilla until blended.
5. Add the dry ingredients to the wet ingredients, stirring just until evenly moistened. The batter will be slightly lumpy.
6. Using a large silicone spatula, gently fold in the rhubarb and strawberries just until evenly distributed, no more than a few strokes. Take care not to break up the fruit or over mix.
7. Spoon the batter into the prepared muffin cups, filling them $\frac{3}{4}$ full. Bake until golden, dry, and springy to the touch, 20-25 minutes. A wooden skewer inserted into the center of a muffin should come out clean. Transfer the pan to a wire rack and let cool for 5 minutes. Turn out the muffins. Serve warm or at room temperature.