

Strawberry Rhubarb Muffins

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 cups spelt flour*
- 1/4 cup coconut sugar
- 1 tsp baking soda
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 2 medium eggs, whisked
- 1/4 cup maple syrup
- 1/2 cup non-dairy milk
- 1/4 cup melted coconut oil
- 1 1/2 cups chopped fresh strawberries
- 3/4 cup chopped rhubarb

Instructions:

1. Preheat oven to 350F (180C). Grease a muffin tin or line with parchment paper.
2. In a large mixing bowl, combine flour, sugar, baking soda and powder and cinnamon.
3. In a separate bowl, combine eggs, maple syrup, non-dairy milk and melted coconut oil.** Add the strawberries and rhubarb to this mixture and combine.
4. Make a well in the centre of the dry ingredients and add wet ingredients. Stir until combined.
5. Spoon batter into muffin cups till 3/4 cup full. Bake for 15-18 minutes.
6. Enjoy immediately or refrigerate for up to 5 days or store in the freezer for up to 3 months.

Notes:

Makes 15 large muffins. *These muffins can be made gluten-free with oat, buckwheat or brown rice flour. **Or 2 flax eggs. 1 flax egg = 1 tbsp ground flax + 4 tbsp water. Let sit until egg-like, about 5 minutes. **Let coconut oil cool slightly before combining otherwise it will cook the egg in the recipe.