

Integrative Health Institute

46 Sherbourne Street, 2nd Floor

Toronto, ON

M5A 2P7

416 260 6038

www.integrativehealthinstitute.ca



Strawberry Rhubarb muffins - gluten free

Created By: Erin Wiley

Makes 1 dozen

This is a simple way to balance a summer barbeque with the antioxidant power of your favorite veggies.

Ingredients:

- 1.5 cups of Brown rice flour
- 1 tsp of guar gum or xanthum gum
- 1 tsp baking soda
- 1/3 cup of coconut oil or 1/2 cup of softened butter
- 1 cup of brown sugar
- 1 large egg
- 2 tsp of vanilla
- 1 cup apple sauce
- 1 cup of fresh strawberries diced
- 1 cup of fresh rhubarb diced
- rice milk as needed

Directions:

Preheat oven to 350 degrees and prepare muffin cups. Combine flour, guar gum, salt, baking soda, and nuts in a bowl and mix well. In a separate bowl, mix oil or butter, sugar, apple sauce, egg, and vanilla. Add strawberry and rhubarb to the liquid mixture. Mix the dry and moist ingredients together. If batter is too dry add rice milk until a moist consistency is reached. Fill muffin cups 2/3rds full. Bake for 20-25 min, test with a tooth pick.

Special Notes: