

# Roasted Rhubarb Granola Muffins

**Yield: 9 servings**

## Ingredients

### Granola topping

- ½ cup oats
- 1 tablespoon maple syrup
- 1 tablespoon mixed seeds  
(e.g., sunflower, pumpkin)
- 1 tablespoon canola oil

### Muffins

- 2 stalks of rhubarb
- 1 tablespoon coconut sugar
- 1½ cups spelt flour or  
whole-wheat flour
- ½ cup oats
- 1 teaspoon baking powder
- 1 teaspoon ground ginger
- ¼ cup (60 mL) maple syrup
- ½ cup canola oil
- ½ cup nondairy milk
- 2 tablespoons ground flaxseed  
+ 6 tablespoons water

## Instructions

1. Heat the oven to 400 degrees. Slice the rhubarb into half-inch pieces. Toss the rhubarb and coconut sugar together in a roasting dish and roast 20 minutes while you prepare the muffin batter and granola topping.
2. For the granola topping, simply combine all the ingredients in a small bowl. Set aside until needed.
3. Whisk together the ground flaxseed and 6 tablespoons water in a small bowl. Set aside to gel while you make the muffin batter.
4. Combine the spelt flour (or whole-wheat flour if using), oats, baking powder and ground ginger in a large mixing bowl. Fold in the maple syrup, oil, non-dairy milk, and gelled flaxseed and water mixture. The batter should be thick and smooth.
5. If you haven't already, remove the rhubarb from the oven. Drain any excess juices and fold the softened pieces of rhubarb into the muffin batter.
6. Pour the batter into 9 large muffin molds. Cover generously with the granola topping.
7. Lower the oven temperature to 340 degrees. Bake the muffins for 23 to 25 minutes, or until the tops are golden and crisp and a skewer comes out of the muffins clean. Cool on a wire rack before enjoying still slightly warm.

## Nutrition Information

### Serving Size: 1 muffin

Calories: 288  
 Total Fat: 16.3 g  
 Saturated Fat: 1.2 g  
 Monounsaturated Fat: 9 g  
 Polyunsaturated Fat: 4 g  
 Sodium: 46 mg  
 Total Carbohydrate: 31.1 g  
 Dietary Fiber: 4.5 g  
 Sugars: 8 g  
 Protein: 4.7 g

Source: One Green Planet. Clemence Moulaert



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Presented by  
Culinary Medicine

X22651 FY19:10.64.D-7 (with punch) © Spectrum Health 03.2019