



STRAWBERRYLICIOUS RHUBARB MUFFINS

Directions

- **Step 1:** Preheat oven to 350° F. Line a 12 cup muffin tin with baking cups.
- **Step 2:** Measure & place dry ingredients into a large bowl.
 - 2 1/2 cups oat flour
 - 1 tsp baking soda
 - 1 tbsp baking powder
 - 1/2 tsp sea salt
 - 3 tbsp of chia/flax/hemp mix
 - Mix the dry ingredients together.
- **Step 3:** Place these ingredients into a separate second large bowl.
 - 2 mashed bananas
 - 1/2 cup brown sugar
 - 1/2 cup white sugar
 - 1/4 cup vegetable oil
 - 1/2 cup coconut or Greek yogurt
 - 1/4 cup milk (I use oat or coconut)
 - 1 tsp vanilla extract
 - Mix in dry ingredients into the second bowl. Then mix until all is combined.



PREP TIME: 20 MINUTES

COOK TIME: 20-25 MINUTES

TOTAL TIME: 45 MINUTES



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- **Step 4:** Wash & chop fruit (use white vinegar, doTerra's lemon oil &/or baking soda to wash the fruits). You can use 3 cups of your favourite fruit(s) of choice.
 - My favourite option:
 - 2 cups of strawberries
 - 1 cup rhubarb, sliced
 - Gently fold in fruit into the bowl.
- **Step 5: Get ready to bake**
 - Divide the batter evenly between each muffin cup (use a 1/3 measuring cup).
 - Bake on center rack for 20-25 minutes, until tops are golden & test to make sure a toothpick is clean before taking them out.
 - Let them cool for 10 minutes & then enjoy.

Tip

Make your own oat flour easily with a high speed blender & blend in the chia seeds, hemp hearts & flaxseeds. Then continue with having the mason jar ready with a blend of chia seeds, hemp hearts & flaxseeds for added fibre, protein, calcium & omegas. This makes it convenient to add to smoothies, baked goods, breakfast bowls, oatmeal, granola & more.

