

# Rhubarb Crunch Muffins

Dairy Free, Egg Free, Vegan, Oil free!

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## Ingredients:

2 1/2 cups Flour (I used whole wheat)

1 tsp baking soda

1 tsp baking powder

1/2 tsp salt

1 tsp cinnamon

1 1/4 cup brown sugar

1/2 cup fruit puree (I used unsweetened applesauce)

1 egg replacer (I use 3 Tbsp warm water plus 1 Tbsp ground flax seed. Mix and let sit 5 minutes. Or add 1/4 cup fruit puree. Add 1/2 tsp baking powder if substituting egg)

1 tsp vanilla extract

1 cup non-dairy milk of your choice (I used almond milk)

1 1/2 to 2 cups diced rhubarb (roughly 2-4 stalks, depending how long they are. 3 is a safe bet) (optional)

1/2 cup chopped walnuts or almonds (I did not add nuts)

## Topping:

1 Tbsp melted coconut oil

1/3 cup raw sugar (or white)

1 tsp ground cinnamon

1/3 cup oats

(optional) 1 Tbsp ground flax seed

## Directions:

Preheat oven to 350 F. Grease one to two 12-cup muffin pans or line with paper or silicone liners (silicone pans shouldn't need greasing.) Makes about 16 muffins.

In a medium bowl, stir together flour, baking soda, baking powder, salt, and 1 tsp cinnamon.

In a separate bowl, beat the brown sugar, fruit puree, egg replacer, and milk replacer with an electric mixer until smooth.

Add the wet ingredients to the dry ingredients and mix by hand until just blended.

Add the rhubarb.

Spoon the batter into prepared cups, filling almost to the top.

In a small bowl, stir together melted butter substitute, raw sugar, 1 tsp cinnamon, oats and ground flax seed. Sprinkle roughly 1 tsp of mixture on top of each muffin.

Bake in preheated oven around 25 minutes, until the tops of the muffins spring back when lightly pressed. Cool in the pans for at least 10 minutes before removing.

Adapted from: <http://www.bitingthehandthatfeedsyou.net/2013/07/rhubarb-crunch-muffins-allergy-friendly.html>