

STRAWBERRY RHUBARB MUFFINS

Makes 12

200g hemp or buckwheat flour or plain flour if not gluten free

35g arrowroot, or cornflour if not gluten free

¼ tsp. flaky salt, plus more for garnish, if desired

1 tsp. baking powder

1tsp ground ginger

1 egg (or 1 ripe banana, mashed)

¼ cup / 60ml pure maple syrup

2 tsp. vanilla extract

85g chopped strawberries

60g chopped rhubarb (2-3 slim stalks)

coconut oil for greasing (or use muffin cases)

1. Lightly grease a 12-cup muffin tin with coconut oil, or use liners. Preheat oven to 175°C/150°C fan.
2. Clean the strawberries and rhubarb. Slice the rhubarb into small discs, and cut the strawberries into small chunks. Reserve 3 strawberries for topping the breakfast bites (remove greens, then slice them top to bottom). Set fruit aside.
3. In a bowl mix the flour, arrowroot or cornflour, salt and baking powder, ginger to combine.
4. In a medium bowl, whisk the egg or banana, maple syrup, and vanilla extract together. Add to the flour blend, and stir to combine. Fold in the rhubarb and strawberries.
5. Spoon a heaped tablespoon of the batter into each prepared muffin tin. If using, place a slice of strawberry on top of each bite. Salt on top if using. Set in the oven and bake for 25-30 minutes, until lightly golden.
6. Remove from the oven and allow to cool completely.
7. Enjoy! Store leftovers in an airtight container in the fridge for five days.