

Protein Rhubarb Muffins



Soft, nourishing and perfectly tangy, these protein rhubarb muffins prove that a healthy snack can also be delicious. High in protein and easy to prepare, they are perfect for satisfying little cravings throughout the day. Our dietitians especially love recommending them as a filling snack or breakfast option, paired with Greek yogurt for a simple and satisfying combination. And if you enjoy this type of recipe, be sure to try our [zucchini and date protein muffins](#) as well.

Preparation 15 min
Cooking 30 min
Servings 12
Nutrition Facts (per serving)
Calories 215
Fat 10
Carbohydrates 21
Fibre 2
Protein 11
Sodium 30

Ingredients

- 3 large eggs
- 1 ripe banana, mashed
- 375 ml (1 ½ cups) fresh or frozen rhubarb, cut into pieces*

- 125 ml (½ cup) high-protein milk (such as Natrel Plus)
- 60 ml (¼ cup) vegetable oil
- 60 ml (¼ cup) maple syrup
- 250 ml (1 cup) all-purpose flour (or gluten-free flour)
- 250 ml (1 cup) textured vegetable protein (TVP), ground into flour
- 125 ml (½ cup) ground pumpkin seeds
- 7.5 ml (½ tbsp) baking powder
- 2.5 ml (½ tsp) ground cardamom (optional)

Preparation

1. Preheat the oven to 350 °F (180 °C). Line a muffin tin with paper liners or lightly grease it.
2. In a large bowl, whisk the eggs with the banana until smooth.
3. Add the yogurt, milk, oil and maple syrup. Mix well.
4. In another bowl, combine the flour, ground textured vegetable protein, ground pumpkin seeds, baking powder and cardamom, if using.
5. Gradually incorporate the dry ingredients into the wet ingredients, mixing just enough to moisten the batter.
6. Add the rhubarb and gently stir.
7. Divide the batter among the muffin cups, filling each cavity about ¾ full.
8. Bake for 25 to 30 minutes or until a toothpick inserted in the centre of a muffin comes out clean.
9. Let cool for a few minutes before unmoulding, then transfer to a wire rack to cool completely.

Notes

Keeps for 5 days in the refrigerator or 3 months in the freezer.

*You can replace the rhubarb with strawberries or another type of berry.



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