



## Tried and Tested: Nova Scotia Rhubarb Loaf

*It's spring, and that means fresh local rhubarb is finally in season! Did you know rhubarb is full of vitamins and minerals such as vitamin C, vitamin K, potassium, manganese, and calcium? Enjoy this hearty loaf full of the sour-tartness.*

**Recipe tested by:** Diana Dibblee, PDt

### Ingredients:

- 1½ cups whole wheat flour
- 1 heaping Tbsp ground flax seed
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1½ tsp cinnamon
- ¼ tsp all spice
- 2 eggs beaten
- 1½ tsp pure vanilla extract
- 1 large banana mashed and 2/3 cup natural Greek yogurt (mixture should be over 1 cup)
- ½ cup Nova Scotia maple syrup
- 1 cup finely chopped rhubarb
- Optional (and recommended) add ½ cup finely chopped walnuts or pecans



### Instructions:

1. Heat oven to 350 degrees.
2. Combine and mix dry ingredients in one large bowl.
3. In second bowl, beat eggs and add vanilla, banana and yogurt mixture and maple syrup. Add these wet ingredients into first bowl of dry ingredients.
4. Stir together but do not over mix.
5. Fold in rhubarb.
6. Pour into greased 8.5 by 4.5 loaf pan.
7. Cook for 50-55 mins until top is golden (check with a toothpick).
8. Let sit for 10 mins before cutting into slices, dabbling with a touch of butter and enjoying!