

Foodnity Recipes

Vegan Rhubarb and Ginger Buns

20 min Prep time	**20 min** Cook time	**40 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dough

- [ ] 3 cups all-purpose flour
- [ ] 2 tsp active dry yeast
- [ ] 1/4 cup brown sugar
- [ ] 1 tsp salt
- [ ] 1 cup warm plant-based milk
- [ ] 2 tbsp melted plant-based butter
- [ ] 2 tbsp ground flaxseed + 6 tbsp water (flax “egg”)

Filling

- [ ] 2 cups rhubarb, trimmed and diced
- [ ] 1 tbsp freshly grated ginger
- [ ] 2 tbsp brown sugar
- [ ] 1 tsp lemon juice
- [ ] 1 tbsp plant-based butter

Finishing

- [ ] Plant-based milk for brushing
- [ ] Coarse sugar for sprinkling

Instructions

1. In a small bowl combine ground flaxseed with water; let sit 5 minutes until gelatinous, then set aside.
2. In a saucepan melt 1 tbsp butter over medium heat, add the diced rhubarb, grated ginger, brown sugar and lemon juice; cook, stirring, until the rhubarb softens and the mixture becomes glossy, about 5-7 minutes. Transfer to a bowl and let cool.
3. In a large mixing bowl whisk together flour, yeast, brown sugar, and salt. Add warm plant-based milk, melted butter, and the flax “egg”; stir until a sticky dough forms. Cover and let rise in a warm spot for 15 minutes.
4. Turn the risen dough onto a lightly floured surface; gently fold in the cooled rhubarb-ginger mixture, being careful not to over-mix.
5. Divide the dough into eight equal pieces, shape each into a smooth bun, and place on a parchment-lined baking sheet. Brush tops with plant-based milk and sprinkle with coarse sugar.
6. Bake in a preheated 375°F (190°C) oven for about 18-20 minutes, until golden brown and a toothpick comes out clean.
7. Allow the buns to cool on a wire rack for 10 minutes; serve warm, perhaps with a drizzle of maple-agave glaze.

Nutrition per serving

280 kcal	6 g	45 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too sticky, add a tablespoon of flour at a time.
- For extra ginger punch, add a pinch of powdered ginger to the dough.
- These buns freeze well; reheat in a 350°F oven for 8 minutes.