

## **Rhubarb Muffins**

Makes 18 servings | Serving size: 1 muffin

### Ingredients Needed:

- 3 cups flour
- 1 cup brown sugar
- 1 teaspoon baking soda
- 2 eggs
- 1 $\frac{1}{3}$  cups nonfat buttermilk \*
- $\frac{1}{3}$  cup canola oil
- 2 teaspoon vanilla
- 2 cups chopped rhubarb stalks (about 2 stalks)\*\*
- $\frac{1}{2}$  cup chopped nuts (optional)

### Directions:

1. Grease 18 standard size muffin cups. Preheat oven to 400°F.
2. In a large mixing bowl, stir together flour, brown sugar and baking soda. Set aside.
3. In a medium size bowl, place the eggs, buttermilk, oil and vanilla. Mix well using a fork or a whisk.

4. Add the buttermilk mixture, chopped rhubarb, and nuts (if using) to the flour mixture. Stir just until the dry ingredients are moistened. Do not over mix.
5. Fill greased muffin cups at least 2/3 full.
6. Bake in preheated 400°F oven for 12 to 15 minutes. Test for doneness by sticking a toothpick in the center of the muffin. When done, the toothpick should come out clean, without any wet batter.
7. Let muffins cool 2 – 3 minutes before removing from pan.

\* You can easily make a substitution for buttermilk if you don't have any on hand. The general rule for one cup of buttermilk is to put 1 tablespoon vinegar or lemon juice in a measuring cup and add skim milk to the one cup line and let it sit for 5 minutes. For this recipe, put 4 teaspoons vinegar or lemon juice in a 2-cup measuring cup and add skim milk until it measures 1 $\frac{1}{3}$  cup.

\*\* For best results, be sure rhubarb stalks are finely chopped. First cut stalks lengthwise 1-3 times, depending on the thickness of the stalks. Then, using a knife or clean scissors, cut the stalks into slices about  $\frac{1}{4}$ " thick.