



Rhubarb Muffins

Ingredients

- 1 1/2 cups flour (all-purpose, whole-wheat or combination)
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup packed brown sugar
- 1 egg
- 1/2 cup unsweetened applesauce
- 1/4 cup vegetable oil
- 1 teaspoon vanilla
- 1 cup diced rhubarb (fresh or frozen and thawed)

Nutrition Facts

Serving size:	1 muffin
Servings per container:	12
Calories.....	140
Fat.....	5g
Saturated fat.....	0g
Cholesterol.....	15mg
Sodium.....	125mg
Carbohydrate.....	22g
Fiber.....	1g
Protein.....	2g
Calcium.....	45mg
Iron.....	1mg
Vitamin C.....	1mg

Recipe provided by:
Food Hero, Oregon
State University
Extension,
foodhero.org

Directions Wash hands and all food preparation surfaces.

1. Preheat oven to 400°F. Lightly grease 12 muffin cups.
2. In a large bowl, combine flour, baking powder, baking soda, salt and cinnamon.
3. In a medium bowl, mix together brown sugar, egg, applesauce, oil and vanilla. Stir in rhubarb.
4. Add the wet ingredients to the dry ingredients. Stir until dry ingredients are moistened-do not overmix.
5. Divide the mixture between muffin cups. Bake for 18 to 20 minutes or until a toothpick comes out clean. Remove muffins from pan after a few minutes of cooling.
6. Store muffins in a closed container for up to two days at room temperature or a week in the refrigerator.

Notes

- If using frozen rhubarb, measure when mostly frozen. After thawing add rhubarb and extra juice to wet ingredients.

MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

For more information or to join a class, contact us at:

Michigan State University Extension MacombCounty
21885 Dunham Rd, Suite 12
Clinton Twp., MI 48036
586-469-6440

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP