

# Whole Wheat Rhubarb Muffins

Fibre is good for your health. Health Canada recommends eating 25–30 g of fibre a day. One rhubarb muffin has 3 g of fibre. Baking with whole wheat flour instead of white flour increases the amount of fibre in each muffin.



## Ingredients:

2 cups	Whole wheat flour	500 mL
3 tsp	Baking powder	15 mL
¼ tsp	Salt	1 mL
½ tsp	Cinnamon	2 mL
1 ½ cups	Rhubarb, cut into small pieces	375 mL
2 large	Eggs	2 large
½ cup	Brown sugar	125 mL
¼ cup	Canola oil	60 mL
¾ cup	1% milk	175 mL
½ tsp	Vanilla	2 mL

## Directions:

1. Preheat oven to 425°F (220°C).
2. Put paper muffin cups into muffin tin (or spray muffin tin with nonstick cooking spray).
3. In a medium bowl, mix flour, baking powder, salt and cinnamon together. Stir in rhubarb.
4. In another bowl, beat eggs with a fork. Add brown sugar, oil, milk and vanilla and whisk together.
5. Add wet ingredients to dry ingredients.
6. Stir mixture only until all ingredients are combined (about 10 seconds). Do not over mix.
7. Use a tablespoon to drop mixture into each muffin tin. Continue until all batter has been used and each muffin tin is filled evenly.
8. Bake for 15 minutes or until firm and muffin bounces back when touched.

**Makes 12 servings (63 g)**

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<b>Nutrition Facts</b>	
Per 1/12 of recipe (63 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 170	
<b>Fat</b> 6 g	<b>9 %</b>
Saturated 0.5 g	<b>3 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 30 mg	
<b>Sodium</b> 150 mg	<b>6 %</b>
<b>Carbohydrate</b> 25 g	<b>8 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 10 g	
<b>Protein</b> 4 g	
Vitamin A	2 %
Vitamin C	2 %
Calcium	8 %
Iron	8 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fibre	3 g
Low in saturated fat	0.5 g
Low in sodium	150 mg
Low in potassium	192 mg
Source of calcium	85 mg
Source of magnesium	35 mg
Source of iron	1.2 mg

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	¼
Grain Products	1 ½
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Grain Products) according to the Alberta Nutrition Guidelines.

Special Equipment Required:

- Muffin tin