

# Rhubarb Muffins



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**Makes 12 Muffins**

## What You Need

1 egg  
1/4 cup melted soft tub non-hydrogenated margarine or butter  
1 cup buttermilk or low-fat yogurt  
3/4 cup brown sugar  
1 tsp vanilla  
1 1/2 cups flour  
1 cup whole wheat flour  
1 tsp baking powder

*Tart rhubarb and the sweet crumbly topping provide an amazing flavor combination!*

1 tsp baking soda  
1/4 tsp salt  
2 cups diced rhubarb (fresh or frozen)

Topping: 1/4 cup brown sugar, 1/2 tsp cinnamon,  
2 tbsp chopped pecans

## Per Serving

Calories 224  
Carbohydrates 39 g  
Protein 5 g  
Fat 6 g  
Dietary Fiber 2 g

## How You Prepare

Combine egg, melted margarine, buttermilk, brown sugar, and vanilla. Mix well. Combine dry ingredients (flours, baking powder, soda, & salt). mix dry and wet ingredients just until moistened. Stir in rhubarb. Fill muffin cups 3/4 full. Combine topping and sprinkle on muffins. Bake at 400 degrees F for 20 to 25 minutes.