

Rhubarb Muffins

January 31, 2014 by Southbourne Gardens 18 Comments

Packed full of fruit this recipe uses the beautiful pale pink stems of forced rhubarb and a dash of vanilla. It makes six large muffins but of course the quantities are easily doubled if you want more.



Ingredients

200 gms forced rhubarb – two or three sticks

110 gms plain flour

1 tsp baking powder

60 gms unsalted butter

60 mls milk

75 gms soft light brown sugar

half a teaspoon of vanilla extract

1 large egg

a little Demerara sugar

A muffin tray and paper cases.

Method

Preheat the oven to 190°C.

Wash and dry the rhubarb sticks, slice into 1cm pieces

Sift the flour into a bowl with the baking powder, add the sugar.

Melt the butter, cool and whisk together with the eggs, milk and vanilla extract. Mix into the flour and sugar.

Fold in the rhubarb.

Put the paper cases in the tin and divide the mixture evenly between them.

Sprinkle some Demerara sugar on the top of each one.

Bake for 25 to 30 minutes.

Remove the muffins from the tin and place on a rack until cool.

Enjoy



