



Rhubarb muffins

Make a batch of these tasty muffins while rhubarb is at its best.

Cooking Time

25 minutes

Makes

18

Ingredients

- 4 cups plain flour
- 3 1/2 teaspoons bicarbonate of soda
- 1/2 teaspoon salt
- 1 1/3 cups brown sugar
- 2 cups processed bran cereal (see note)
- 2 eggs
- 2/3 cup canola or extra-light olive oil
- 2 tablespoons golden syrup
- 2 cups milk
- 2/3 cup Greek-style yoghurt
- 560g (4 large stalks) rhubarb, trimmed, washed, diced
- 1/3 cup white sugar

Method

1. Sift flour, bicarbonate of soda and salt together into a large bowl. Add brown sugar and bran. Stir to combine.
2. Combine eggs, oil, golden syrup, milk, yoghurt and 1 cup cold water in a bowl. Whisk with a fork. Pour egg mixture into dry ingredients. Stir to combine. Fold in rhubarb. Transfer to an airtight container. Cover. Refrigerate for at least 6 hours (see tip).
3. Preheat oven to 190°C. Lightly grease six 180ml-capacity texas muffin holes. Gently stir rhubarb mixture. Spoon 1/2 cup mixture into each muffin hole. Sprinkle 1 teaspoon white sugar over each. Bake for 23 to 25 minutes or until a skewer inserted into the centre comes out clean. Serve hot.

Notes & tips

- This recipe is best started 1 day ahead
- Bran is the outer layer of grains such as wheat or oats, which is usually removed during milling. Processed bran cereal, in firm, dry pellets, is available from the health food aisle of the supermarket.
- Tip: You can prepare the rhubarb mixture, to the end of step 2, up to 10 days ahead and bake muffins as you need them.



Source

