



# ***Sweet Rhubarb Muffins***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

1 cup brown sugar  
1/3 cup canola oil  
1 egg  
1 cup low fat buttermilk  
2 teaspoons vanilla extract  
8 ounces (1-1/2 cups diced) rhubarb (fresh or frozen), cut into 1/2 inch dice  
1/2 cup walnuts, chopped  
2 cups plus 3 tablespoons all-purpose flour  
1/2 cup ground flaxseeds  
1 teaspoon baking soda  
2 teaspoons baking powder  
topping: 2 tablespoons brown sugar mixed with 1 teaspoon ground cinnamon

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## ***Directions***

Preheat oven to 400°F. Line muffin pans with 18 paper muffin cups. In a small bowl, combine the flour, flax, baking soda and powder. Set aside.

In a large bowl, mix sugar, oil, egg, vanilla and buttermilk. Stir in the rhubarb and nuts. Sprinkle the dry ingredients over the wet ones. Fold together quickly until just blended to make a lumpy batter.

Spoon batter equally into the muffin cups. Sprinkle topping evenly onto the 18 muffins. Bake for 20-25 minutes until golden brown. Enjoy!