

Kids in the Kitchen

RECIPE



STRAWBERRY RHUBARB MUFFINS

Recipe from Carla Burke, RD

INGREDIENTS

- Spray oil
- 1 cup diced fresh strawberries (about 8 large)
- 1 cup diced fresh rhubarb (about 3 stalks)
- ½ cup cornmeal
- 2 tsp baking powder
- 1 tsp salt
- ½ tsp baking soda
- 1½ cups all purpose flour
- 1¼ cups sugar
- 8 Tbsp butter
- 2 large eggs
- 1 cup sour cream
- 1 tsp vanilla extract
- 1 lemon
- 1 Tbsp turbinado sugar or sugar in the raw (optional for topping)

DIRECTIONS

1. Preheat the oven to 400 degrees. Spray muffin tin with spray oil.
2. Dice strawberries and rhubarb into small pieces. Toss with 1 Tbs of the sugar.
3. In the large bowl, combine together cornmeal, flour, baking powder, salt, and baking soda. Whisk together to ensure there are no lumps or clumps of ingredients.
4. Melt butter. In the medium bowl, whisk together the butter, remaining sugar, and eggs vigorously until combined. Zest the lemon into the butter mixture. Add sour cream, vanilla, and whisk again until combined.
5. Stir the wet ingredients into the dry ingredients just until combined. Avoid over-mixing.
6. Using a slotted spoon to avoid any additional liquid, add in strawberries and rhubarb and stir.
7. Spoon in batter to the muffin tins. Sprinkle with optional turbinado sugar. Bake for 18-22 minutes. Allow to rest for at least 10 minutes before eating.



Featured Ingredient... Rhubarb



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TOOLS NEEDED

Large bowl, medium bowl, mixing spoon, whisk, muffin tin, oven

ALLERGY SUBSTITUTIONS

- Wheat: use Bob's Red Mill 1 for 1 gluten free baking flour
- Soy: there is no soy in this recipe
- Nuts: there are no nuts in this recipe
- Eggs: substitute $\frac{1}{2}$ c whole fat Greek yogurt for eggs
- Dairy: use coconut yogurt instead of sour cream

MAKE IT CHEAPER

You can use frozen rhubarb or strawberries instead, but make sure to really drain them well after they are defrosted before adding them to the batter.

Adjust this recipe to meet your goals may making these modifications to the ingredients:

WEIGHT GAIN

Use whole fat sour cream, and use extra butter after they are cooked to spread on top.

WEIGHT LOSS

Use fat free sour cream, or Greek yogurt instead, and cut the butter in half.

SPORTS PERFORMANCE

Leave the recipe as is, but consider having an extra muffin.