

Rhubarb Bran Muffins
Anne Lindsay's *Light Kitchen*



- 3/4cup wheat bran (I sometimes make this part ground flax seeds)
- 1 cup whole wheat flour (part white is okay)
- 1/2 cup (or less) granulated sugar
- 2 tsp cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 cup raisins
- 1 cup stewed rhubarb
- 1 egg, lightly beaten
- 1/2 cup buttermilk or low fat yogourt
- 1/4 cup vegetable oil

In a bowl, combine bran, flour, sugar, cinnamon, baking powder and baking soda. Stir in raisins.

Combine stewed rhubarb, egg, buttermilk and oil; pour into flour mixture and stir just until combined.

Spoon into greased, nonstick muffin tins (or use muffin cups). Bake at 400 degrees for 25 minutes or until tops are firm to the touch. Makes 12.

Easy to double.

169 calories per muffin. Good fibre.