

Strawberry and Rhubarb Muffins

Recipe is from The Australian Women's Weekly The Diabetes Cookbook, ACP Books, RRP \$12.95, available from selected newsagents, supermarkets and online from www.acpbooks.com.au

Preparation time 15 minutes cooking time 20 minutes

Makes 12 muffins

Per muffin

844kJ (202 cal)

4.3g total fat (0.8g saturated fat)

34.2g carbohydrate

5.2g fibre

medium GI



You need 4 large trimmed rhubarb stalks for this recipe.

- 125g strawberries, sliced thinly
- 3 cups (450g) wholemeal self-raising flour
- ½ cup (100g) firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla essence
- 60g low-fat dairy-free spread, melted
- ¾ cup (180ml) no-fat soy milk
- 2 eggs, beaten lightly
- 2 cups (250g) finely chopped rhubarb
- ¼ cup (60g) apple sauce

Method

1. Preheat oven to 200°C/180°C fan-forced. Grease 12-hole (80ml) muffin pan. Reserve 12 slices of strawberry.
2. Combine flour, sugar and cinnamon in large bowl. Add essence, spread, milk and eggs; mix to combine then gently stir in remaining strawberries, rhubarb and apple sauce
3. Divide mixture among pan holes; top each with a reserved strawberry slice. Bake about 20 minutes. Serve warm or at room temperature

