

Rhubarb & Pear Muffins

Bialik College Kitchen Garden Program



Ingredients:

- 1 cup wholemeal self raising flour
- 1 cup self raising flour
- 1 teaspoon cinnamon
- ½ teaspoon ground nutmeg
- ½ cup sugar
- 3 tablespoons butter
- 1 egg, lightly beaten
- 2 tablespoons honey
- 1 cup milk
- 2 cups rhubarb, chopped into 2cm lengths
- 1 pear, peeled & diced

Equipment:

- metric measuring cups/spoons
- chopping board
- knife
- sifter
- bowl
- wooden spoon
- muffin tray
- muffin paper cases

Method:

1. Sift flours and place in a bowl with cinnamon & nutmeg. Add sugar.
2. Combine butter, egg, honey and milk. Pour into the dry ingredients and mix gently until combined.
3. Fold through rhubarb & pear.
4. Spoon mixture into muffin cases and bake in a 190C oven for 25 minutes or until golden.