



August 20- Whole-wheat Rhubarb Muffins

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1022738>

Recipe

Ingredients:

- 2 eggs
- ¼ cup unsweetened applesauce
- 1 ½ cups apple juice
- 3 cups whole-wheat flour
- 2 Tablespoon baking powder
- ½ cup honey
- ½ teaspoon salt
- 1 ½ cups diced rhubarb, fresh

Directions:

1. Beat eggs, applesauce, juice, and honey.
2. Add flour, baking powder, salt and rhubarb; mix until well combined, but lightly.
3. Bake 20-25 minutes at 375°F in greased muffin tins.

Yield 18 servings

Nutrition Facts

Serving Size 1 muffin (161.94g)
Servings Per Container 18

Amount Per Serving

Calories 150 Calories from Fat 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 80mg **3%**

Total Carbohydrate 30g **10%**

Dietary Fiber 4g **16%**

Sugars 11g

Protein 4g **9%**

Vitamin A 2% • Vitamin C 15%

Calcium 15% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.