

GARDEN TO TABLE

RECIPE: RHUBARB MUFFINS - bite.co.nz

VOLUNTEER NOTES -

- make 1 mini muffin per child and volunteer
- check understanding of words in **bold**
- check that the children measure accurately using metric measuring spoons and cups

tsp or t = teaspoon and tbsp or T = tablespoon

What to collect	Ingredients
2 medium bowls	2 Tbsp rice bran oil
fork	1 egg
Metric measuring spoons and cups	$\frac{1}{3}$ cup caster sugar
sifter	1 cup milk
Chopping boards	$\frac{1}{4}$ cup sour cream
Chefs knives	1 tsp vanilla essence
Wooden spoon	2 cups plain flour
Rubber spatula	2 tsp baking powder
spoons	$\frac{1}{4}$ tsp baking soda
Muffin trays - 12 pan large or 24 mini	$\frac{1}{2}$ tsp cinnamon
Oil spray	1 and $\frac{1}{2}$ cups rhubarb, finely sliced
Cooling rack	$\frac{1}{4}$ cup raw sugar (optional)
1. Preheat the oven to 200 °C regular bake. 2. Grease a muffin tray or line with paper cases 3. Wash and finely slice the rhubarb	

4. In a medium bowl lightly beat the egg with a fork.
5. Add the oil, sugar, milk, sour cream and vanilla to the beaten egg and stir to combine. These are the **wet ingredients**.
6. In another medium bowl sift the flour, baking powder, baking soda and cinnamon. **Make a well in the centre** and pour the wet ingredients and the sliced rhubarb into the well.
7. **Fold** the mixture together. Do not **over-mix**.
8. Spoon the batter into the muffin tins.
9. Sprinkle with raw sugar, if using.
10. Bake for 25 minutes (large muffins) and 10 - 12 minutes (mini) or until a **skewer inserted in the centre of a muffin comes out clean**.