

Strawberry Rhubarb Whole Wheat Muffins

Ingredients

1 Cup Large Flake Rolled Oats
1 Cup Buttermilk *
3/4 Cup All Purpose Flour
3/4 Cup Whole Wheat Flour
2 tsp Baking Powder
1/2 tsp Baking Soda
1 Egg
1/4 Cup melted Butter (or sub applesauce)
1/2 Cup Brown Sugar
1 tsp Cinnamon
3/4 Cup chopped Strawberries
3/4 Cup diced Rhubarb

Directions

1. Combine buttermilk and oats in a bowl and let sit for 10 minutes.
2. In a large bowl, combine both flours, baking powder, baking soda and cinnamon, mix well.
3. In another bowl, whisk together the butter, egg and brown sugar, add to the milk/oat mixture and stir to combine.
4. Add the wet ingredients to the dry ingredients, folding in until just starting to come together. Gently fold in the berries and rhubarb.
5. Grease a muffin tin or use paper liners, fill muffin cups 3/4 full.
6. Bake in a 375°F oven for about 15 - 20 minutes or until toothpick inserted in the centre comes out clean. Remove to a wire rack to cool.

Makes about 12 large muffins.

* To make your own buttermilk, combine 1 cup of milk with 1 tbsp of Lemon Juice, stir and let sit for 5 minutes before using.