

## Whole Wheat Rhubarb & Spice Muffins

Blog post: <https://korenainthekitchen.com/2020/03/28/whole-wheat-rhubarb-spice-muffins/>

Adapted from [Smitten Kitchen](#). Makes 12 large muffins.

Preheat the oven to 450°F (425°F convection) and grease and line a 12-cup muffin tin.

In a medium bowl, whisk together:

**1 cup whole wheat flour** (whole spelt flour would also work)  
**1 cup all purpose flour**  
**1 tsp baking powder**  
**1 tsp baking soda**  
**1/4 tsp salt**  
**1 tbsp cinnamon**

In a large bowl, combine:

**1/2 cup unsalted butter, softened to room temperature**  
**1/2 cup granulated white sugar**  
**1/4 cup packed dark brown sugar**

Cream together with a wooden spoon until light and fluffy. You could do this with an electric mixer, but I prefer to do it by hand - it's a good way to work out some anxiety!

Beat in **1 egg** until combined, then switch to a whisk and whisk in **1 cup buttermilk** (or **1/2 cup plain yogurt + 1/2 cup milk**, or **1 tbsp white vinegar or lemon juice + enough milk to make 1 cup** and let it sit for a few minutes). Don't worry if it looks slightly curdled.

With a spatula, fold in the dry ingredients until just barely combined, then add **2 cups fresh or frozen chopped rhubarb** (or other fruit) and fold until evenly distributed.

Spoon the batter into the prepared muffin tin - the cups will be quite full. Sprinkle the top of each muffin with a good pinch of **large grained brown sugar** (about 2 tbsp total).

Bake in the preheated 450°F (425°F convection) oven for 10 minutes, then rotate the pan, turn the heat down to 400°F (375°F convection) and bake for another 5-10 minutes, until a toothpick poked into the middle of a muffin comes out clean. Cool in the tins on a rack for 5 minutes, then run a knife around each muffin to release from the tin and turn out onto the rack. Enjoy warm or at room temperature.

These muffins will keep for 3-4 days in an airtight container at room temperature.