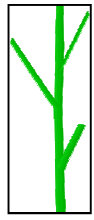


RHUBARB



In the garden:

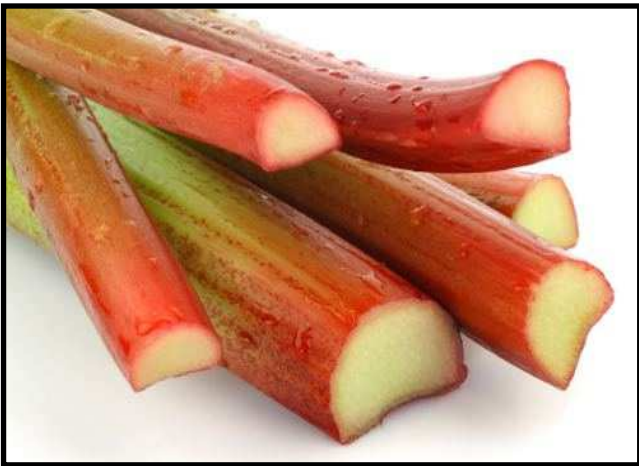


http://www.thompson-morgan.com/medias/sys_tandm/8821395423262.jpg



<http://www.transformationswellness.net/growing/images/rhubarb.jpg>

Ready to eat:



<http://www.buzzle.com/images/food/exotic-foods/rhubarb.jpg>

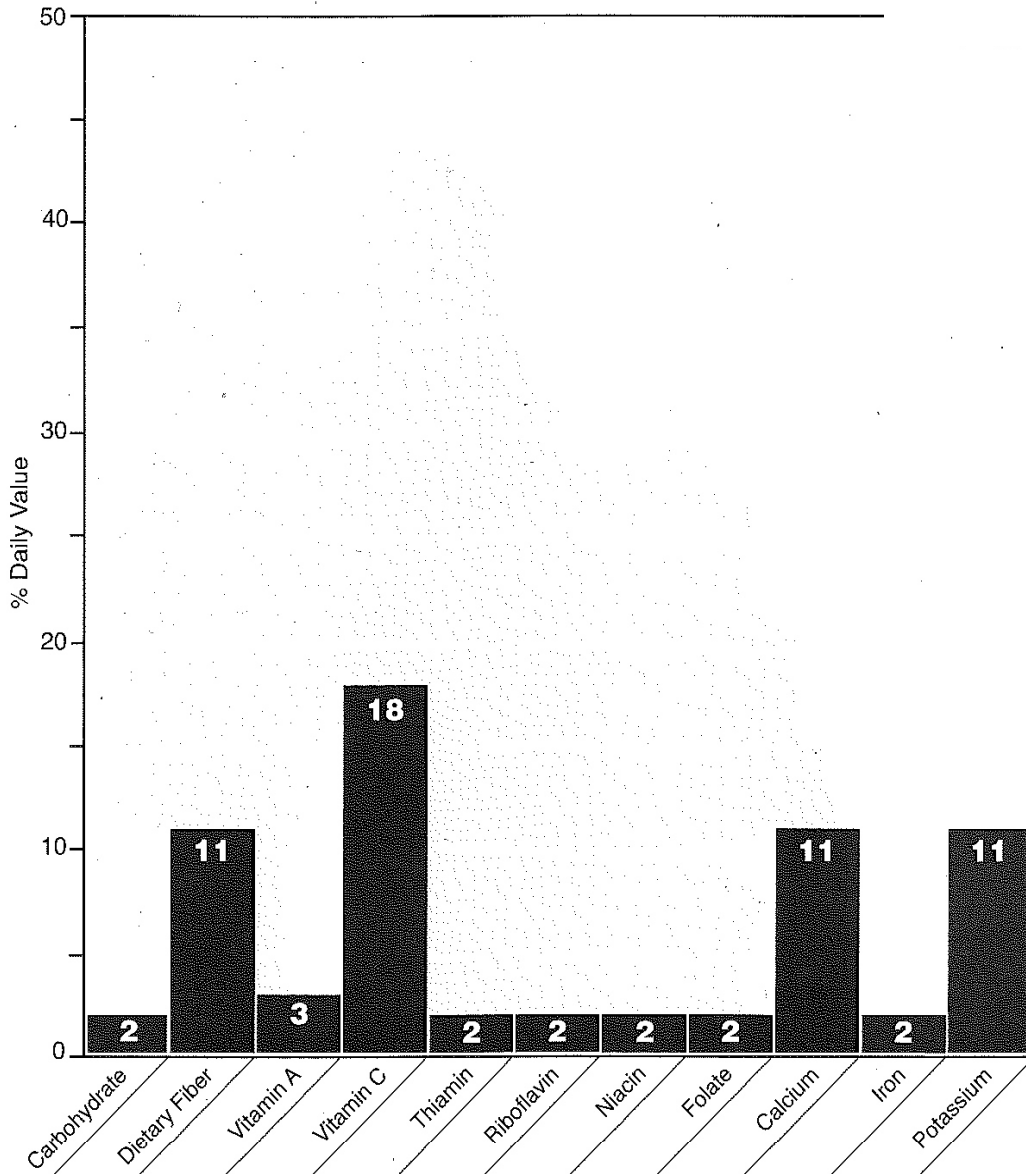


<http://www.fullcircle.com/goodfoodlife/wp-content/uploads/2011/06/CookedRhubarb.jpg>

FUN FACTS:

- The redder the rhubarb stalk, the sweeter the taste.
- The rhubarb stalk is great to eat, but the leaves are poisonous!
- Rhubarb was used for medicinal purposes in ancient China.

Rhubarb



Serving Size

$\frac{1}{2}$ Cup
133 Grams
28 Calories
8% from fat
14% from protein
78% from carbohydrate
1 Gram Protein
6 Grams Carbohydrate
3 grams dietary fiber
0.3 Gram Fat
125 Grams Water
5 Milligrams Sodium

The edible part of rhubarb is actually the petiole—the leaf stalk.

From California Department of Education, 2007

Rhubarb is high in Vitamin C to heal cuts and wounds.

Low-Fat Rhubarb Muffins

Ingredients:

- 1 1/2 Cups Flour, All-Purpose
- 1 teaspoon Baking Powder
- 2 teaspoons Cinnamon
- 1/4 teaspoon Baking Soda
- 1/4 teaspoon Salt
- 1 Egg
- 1 teaspoon Vanilla Extract
- 2/3 cup Brown Sugar
- 2/3 cup Applesauce
- 1/4 cup Vegetable Oil
- 1 cup chopped Rhubarb



Directions:

1. Mix flour, baking powder, cinnamon, baking soda and salt in a large bowl and set aside.
2. In another bowl mix together egg, vanilla, brown sugar, applesauce, and oil.
3. Pour wet ingredients into the flour mixture until thoroughly combined.
4. Mix in rhubarb.
5. Spray muffin tin pan with non-stick cooking spray.
6. Fill each muffin tin until 2/3 full.
7. Bake at 400 degrees for 18-20 minutes or until toothpick comes out clean.
8. Let cool for a few minutes before serving.

<https://onceamonthmeals.com/recipes/low-fat-rhubarb-muffins/>

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