



Stewed strawberries, rhubarb & ice-cream



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Preparation 10 mins + cooling time | Cooking 15 mins | Serves 6

Store any leftover rhubarb and strawberries in an airtight container in the fridge and serve with porridge or cereal for breakfast.

1 bunch rhubarb, trimmed and thinly sliced

¼ cup caster sugar

2 tbs water

250g strawberries, hulled and thickly sliced

Reduced fat vanilla ice-cream, to serve

STEP 1 Combine rhubarb, sugar and water in a medium saucepan. Stir over medium heat until sugar dissolves. Bring to the boil, stirring occasionally. Reduce heat to low and simmer for 10 minutes.

STEP 2 Add strawberries, cover and simmer for 4-5 minutes or until rhubarb is very tender. Set aside to cool slightly. Serve with ice-cream.

Good for you...

STRAWBERRIES

A great source of vitamin C. One of the functions of vitamin C is to assist in the formation of cartilage and bones.



RHUBARB

A good source of dietary fibre which helps keep the intestine healthy. Provides potassium which takes part in many biochemical reactions in the body. Provides some vitamin C, a vitamin that assists the absorption of iron.

