

Stewed winter fruit with honey



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Preparation: about 20 minutes

Cooking: about 35 minutes

Serves: 8

3 medium Granny Smith apples, peeled, cored and chopped
2 Beurre Bosc pears, peeled, cored and chopped
1 bunch rhubarb, trimmed and sliced
¼ cup caster sugar
1 tsp ground cinnamon
1 tbs lemon juice
2 tbs honey

1. Place apples, pears, rhubarb, sugar, cinnamon, lemon juice and honey in a medium saucepan. Stir to combine. Cover and bring to the boil over medium heat, stirring occasionally to break up fruit.
2. Reduce heat to medium-low and simmer for 20-25 minutes until fruit is tender. Remove from heat, uncover and set aside to cool slightly. Serve warm or cold.

Serving suggestions

- Serve with hot porridge and a drizzle of honey for breakfast.
- Serve over toasted waffles with ice-cream for dessert.
- Serve layered with reduced fat custard in serving glasses for dessert.



Rhubarb

- A good source of dietary fibre which helps keep the intestine healthy and prevent constipation.
- Provides some vitamin C, a vitamin that helps protect us against infection.

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