

# Rhubarb & strawberries in blood orange juice



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### Ingredients:

- 1 bunch rhubarb, trimmed (discard leaves) and cut stems into 1/2 cm-thick slices
- 1/3 cup blood orange juice\*
- 2 tbs caster sugar
- 250g large strawberries, hulled and halved

*\*Navel orange juice can also be used.*

### Health benefits of blood oranges:

- An excellent source of vitamin C, a vitamin that helps protect us against infection.
- High in beta carotene and other related compounds – all important antioxidants which help protect our health.
- A good source of dietary fibre, which is important for a healthy digestive system.

### Method:

1. Place rhubarb, blood orange juice and sugar in a medium 6-cup heatproof dish. Toss gently to combine. Cover with plastic wrap. Microwave on high/100% power for 3–4 minutes or until rhubarb begins to soften. Leave to stand for 1 minute.
2. Carefully remove plastic wrap. Add strawberries to rhubarb. Gently stir to combine. Cover. Microwave on high/100% power for a further 1–2 minutes or until rhubarb is just tender. Leave for 10 minutes to cool slightly. Stir to combine. Transfer to an airtight container and chill until ready to serve.

### Serving suggestions:

- Serve with toasted muesli and yoghurt or hot porridge for breakfast.
- Swirl rhubarb through vanilla yoghurt or reduced fat custard for dessert.

**Serves:** 4

**Preparation:** 12 minutes

**Cooking:** about 6 minutes