

Fresh for Kids® Stewed strawberries & rhubarb with ice-cream



Stewed strawberries & rhubarb with ice-cream

Preparation: about 10 minutes
(+ cooling time)

Cooking: about 20 minutes

Serves: 4

1 small 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

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.
2. Add strawberries, cover and simmer for 5 minutes or until rhubarb is tender. Set aside to cool slightly.
3. To serve, spoon ice-cream into serving bowls, top with warm strawberries and rhubarb.

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

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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, an anti-infection vitamin.