

# THE HEALTH BOOST

happy healthy living

## Rhubarb & Vanilla compote



This very simple rhubarb stew is not only seasonal and delicious, it is a very versatile base for a crumble, a simple dessert, a great topping for your morning oats or with Greek yoghurt!

Who can resist such a pretty shade of pink?

### INGREDIENTS

Fresh rhubarb stalks

2 Vanilla pods (scraped) or 1 teaspoon extract

Knob of butter

Water

### METHOD

**Prep Time: 10mins**

**Cook time: 15mins + 15mins**

- Preheat oven at 160 degrees C
- Wash and trim both ends of the stalks
- Chop in 2cm long chunks
- Add rhubarb chunks to a baking tray
- Sprinkle with water
- Slide in the oven for 15mins until rhubarb has softened
- Keep an eye and maybe add a little extra water
- Remove from the oven and set aside
- In a sauce pan, add a knob of butter and melt gently
- Add the rhubarb, vanilla, stir and simmer gently for 15 to 20mins until it turns into a nice chunky compote

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## THE HEALTH BOOST TIP!

Rhubarb is actually a vegetable. Yes!

Forced rhubarb (grown in the dark) usually appears in January. The real field-grown variety will come in season around April and run through the summer, but best until June.

Other winning flavour combination: rhubarb and ginger make for a delicious crumble base, especially if you add ground or flaked almonds to the topping!

The health benefits of rhubarb include good dietary fibre, vitamin C, vitamin K, B complex vitamins, calcium, potassium, manganese, and magnesium.