



Rhubarb

- Botanically a vegetable but used as a fruit, rhubarb is a good source of fibre and contains moderate levels of vitamin C and calcium. It is also low in sodium and contains dietary fibre. Studies have linked the fibre from rhubarb in the diet with reduced cholesterol levels.
- Great for crumbles and pies
- Stew it with a little water and some sugar and have it for breakfast with porridge or cereal, or top it with some natural yoghurt and granola.
- Combines well with strawberry, and ginger.
- Try it raw dipped in sugar or honey

There are several websites dedicated to rhubarb— just Google ‘rhubarb recipes’.