

Low FODMAP Stewed Rhubarb with Ginger

Serves: 6

Prep: 5 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
1 bunch rhubarb, trimmed, cut into 8 cm lengths	400 g	14.1 oz
1 navel orange, juiced	130 g	4.6 oz
5cm piece fresh ginger, peeled, finely shredded	15 g	0.5 oz
¼ cup brown sugar	55 g	1.9 oz

Method

1. Place the rhubarb, orange juice, ginger and sugar in a large saucepan over a medium heat.
2. Cover and bring to a simmer. Cook, covered, stirring occasionally, for 5-8 minutes or until the rhubarb is soft.
3. Serve with your favourite cereal (e.g. porridge) or as a healthy dessert.

Hints

If you like the flavour of Aniseed and cinnamon, add some star anise and a cinnamon quill for a wintery treat.

Nutrition Information (per serve)	
Energy	246 Kj / 59 cal
Protein	1.3g
Carbohydrates	11.9g
Sugar	11.8g
Total Fat	0.1g
Saturated Fat	0g
Fibre	2.1g