

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	
1 navel orange, juiced	130 g	
5cm piece fresh ginger, peeled, finely shredded	15 g	
¼ cup brown sugar	55 g	

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	785 Kj / 188 cal
Protein	4.10g
Carbohydrates	9.90g
Sugar	5.20g
Total Fat	14.70g
Saturated Fat	4.50g
Fibre	3.30g