

1. Put rhubarb and ginger into a bowl and add 50ml of juice. Cover and cook on FULL power for 3-4 minutes or until rhubarb is just cooked. Leave to go cold.
2. Place the rhubarb, juice, milk, yoghurt and honey in a large jug or deep container. (Blender jug if using)
3. Use a hand blender to puree the mixture until smooth.
4. Pour and enjoy.

2 stalks of rhubarb, cut into small lengths
Small piece of fresh ginger, peeled and chopped or ¼ tsp of ground ginger
1-2 tbsp of honey
250ml fruit juice (apple, grape, cranberry)
250ml Low fat Soya or Semi-skimmed milk
30ml (2tbsp) low fat Yoghurt

Chilling the juice and milk before hand or adding some ice cubes gives a nice cool drink.

You could add 2tbsp of oats to make a more filling and thick smoothie.

SNACK**'What's Cooking!' Recipe Card****RHUBARB AND GINGER SMOOTHIE****Food Fact:-**

Smoothies are a quick simple way to get the benefits of eating fruit; Vitamins, minerals and fibre, and will count as one of your five a day.

They also provide calcium and energy.

Preparation time 5 MINS

Cooking time 4 MINS