

1. Put all ingredients into a bowl and stir well together.
2. Cover bowl and cook on FULL POWER for 6-8 minutes or until rhubarb is just cooked. (Don't over cook or rhubarb will be mushy)
3. Serve hot on top of porridge or as a dessert with yoghurt or custard or as a base for a crumble.

400g rhubarb stalks, cut into small lengths

100gm dried fruit

1 orange, rind and juice

10mm (½ inch) fresh ginger root, peeled and grated, or 1 level teaspoon ground ginger

1 level teaspoon ground cinnamon

2-3 tbsp Honey

'What's Cooking!' Recipe Card**SPICED RHUBARB****Food Fact:-**

Rhubarb is rich in calcium and a good source of potassium.

Preparation time 4 MINS

Cooking time 8 MINS

SERVES 4-6