



with



Rhubarb and Blueberry Sundae (Makes four small glasses)

300g red rhubarb
Juice from one small orange
100g light brown sugar (or less to taste)
100g blueberries
3 tablespoons low fat natural yoghurt
2 tablespoons Hamlyns Pinhead Oatmeal toasted



1. Wash the rhubarb sticks and put the rhubarb onto a chopping board
2. Use a blunt table knife to chop off the rhubarb ends and cut the sticks in half. Chop the sticks into 3 -4 cm pieces.
3. Cut the orange in half
4. Twist the orange halves around a citrus squeezer to get the juice out.
5. Put the rhubarb, orange juice and sugar into a pan. Cover and cook over a gentle heat for 5-10 minutes until the rhubarb is soft. Strain off the juice and allow the rhubarb to cool. Keep the juice.
6. Put the yogurt into a medium sized bowl and add one dessertspoon of the rhubarb juice. Mix it together - little stirs.
7. Put a dessertspoon of cooled rhubarb into a four small glasses
8. Top each glass with a spoonful of yogurt and share the blueberries between your glasses. Sprinkle some oatmeal on top of the yogurt and blueberries.
9. The next layer is a dessertspoon of rhubarb (the rest of it).
10. The last layer is the rest of the yogurt.
11. Use your finger and thumb to sprinkle the rest of the toasted pinhead oatmeal on top of the sundaes.

A **Grownup** should carefully supervise or **may need to do**, **step 2** and **should do steps 3 and 5** for younger children.

ALWAYS HAVE A GROWN-UP IN THE KITCHEN WHEN YOU COOK

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