



RHUBARB FOOL

Summer is rhubarb season! Rhubarb is technically a vegetable, but most of us know it as a tart and cheerful pie filling. For many folks, the tartness of the rhubarb is best tempered with a sweeter fruit, like strawberries or sweet cherries. But some of us are purists. Yes, it needs to be sweetened, but not too much.

Rhubarb Fool:

This is an updated version of a traditional fool. I find that the tart sweetness of the rhubarb needs something with more character than simple whipped cream. The best compliment I have found is yogurt. Strauss Organic Maple Yogurt is my favorite, but the more commonly available vanilla yogurt is also very good.

You'll need:

- 6 cups rhubarb stems, sliced on the diagonal
- 2/3 cups sugar (more to taste)
- 2 tablespoons finely diced fresh ginger (optional)
- 1 teaspoon cinnamon
- 1 quart of Strauss Organic Nonfat Maple Yogurt



To make:

Put all the ingredients except the yogurt in a non-reactive sauce pan and slowly cook over low heat until the rhubarb melts. I prefer a few pieces that still just hold together, though I know many who like it in more of an applesauce consistency.

Let cool completely. Refrigerate if not using within a couple of hours.

If refrigerated, remove an hour before serving and let come to room temperature. Spoon about a quarter cup of rhubarb into each serving cup (such as a parfait glass). Then spoon in an equal amount of yogurt. Repeat until each glass is filled. The last layer should be yogurt. Sprinkle each dessert with just a tad of ground cinnamon.

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