

RHUBARB AND APPLE WITH SPICED HONEY YOGHURT

Ingredients

- 1) Rhubarb, leaves removed and stalks sliced thin
- 2) Apples peeled, cored and sliced
- 3) Water
- 4) Sugar
- 5) 1 kg natural yoghurt
- 6) 1 tsp vanilla paste
- 7) ½ tsp cinnamon
- 8) ½ tsp cardamom
- 9) ½ tsp nutmeg
- 10) Citrus zest
- 11) Honey for drizzling
- 12) Lavender or rose petals for garnish



Method

Stew fruit with sufficient water and sugar.

Clean up all scraps and wipe down benches, including shelves bellow.

Transfer yoghurt to large bowl and stir in spices, zest and vanilla.

When fruit is tender drain.

Arrange cups on clean workstation (enough for class)

Spoon fruit into cups, then yoghurt (check how many dairy free)

Garnish with honey and any flowers.