

Rhubarb Frozen Yogurt



Yay! I finally got some rhubarb... I always see rhubarb recipes but never had a chance to try it. So yes, this is my first time cooking with rhubarb and I must admit that I love it. So, before the end of Summer I want to share this simple recipe for rhubarb frozen yogurt...I love the tartness and the fragrance of rhubarb, and I can tell you that I will definitely be cooking/baking more with it in the future.

I was a bit nervous not knowing what to expect...but making the rhubarb stew with a little sugar was easy and it cooked in less time than I expected. Once the rhubarb stew/jam was ready, all the work was left to the ice cream machine. Make sure that your ice cream bucket is in the freezer at least overnight before you follow the recipe.

Ingredients:

3 stalk rhubarb (approximately 1 $\frac{1}{2}$ cup chopped)
4 tablespoons sugar
2 tablespoons water
2 cup Greek nonfat yogurt
1 – 2 tablespoon agave syrup





Rhubarb
+
Yogurt



Churn, churn
and churn...



Method:

In a small sauce pan add the chopped rhubarb, sugar and water. Cook until the rhubarb turns soft, almost like jam consistency (it took me approximately 10 minutes). Let the rhubarb stew/jam cool in the refrigerator.

In a medium bowl mix together the yogurt with the rhubarb stew/jam and add agave syrup to your taste.

Place the yogurt mix into the ice cream bucket and follow the manufacturer's instructions. Transfer to a freezer container, freeze for a couple of hours before serving.





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If you enjoy this simple recipe for rhubarb frozen yogurt, you might want to check on Strawberry Frozen Yogurt or Mango Frozen Yogurt.

Curiosity Corner

Did you know that rhubarb is considered a vegetable in spite of being known as an ingredient used in many desserts?

Rhubarb is very low in calories and has been used for medicinal purposes in Chinese Medicine.

Thank you for stopping by Simple Recipes and have a great week!