

# Rhubarb, Stem Ginger and Cinnamon Fool

A taste of the Summer - and all of the benefits of rhubarb - low in calories, yet rich in vitamin C, high in dietary fibre, and an excellent source of calcium.



650g rhubarb, cut into small pieces  
1 ball of stem ginger from a jar in syrup  
Juice of ½ lemon  
1 cinnamon stick  
Ground cinnamon  
250g 0% fat Greek yoghurt

Put the rhubarb, chopped stem ginger, cinnamon stick, lemon juice and a splash of cold water into a saucepan. Place over a high heat and when bubbling, reduce the heat, cover with a lid and simmer, stirring occasionally, for 5 minutes until just tender. Sweeten to taste with some stem ginger syrup, or alternative. Discard the cinnamon stick and allow to cool. Mix the ground cinnamon into the yogurt. Fill four 250ml jam jars or pretty teacups with alternate layers of rhubarb and yogurt. Chill for 30 minutes. Serve with a sprinkling of ground cinnamon.