

Tom's Rhubarb



Ingredients

6 sticks of rhubarb – chopped
1 granny smith apple – peeled & diced
½ cup pitted dates – chopped
½ cup mixed fruit
2 tbsp Kwongan Honey

Method

Place chopped dates & mixed fruit in a little water and simmer for 5 minutes to release the sweetness.

Add the chopped rhubarb & diced apple and Kwongan honey.

Stir.

Simmer until cooked.

Add a little corn flour to thicken juice.

Serve with yogurt or icecream.