

Nutritious & Delicious Grab & Go Recipes



Rhubarb Granola

Ingredients (Makes 10)

300g Forced Rhubarb (cut into small cubes)
2cm piece Ginger (peeled and finely chopped)
30g caster sugar
500ml Greek Yoghurt
500ml Low Fat Yoghurt
200g Granola Topping (**Plain – No Fruit**)

Method

1. Put the rhubarb, root ginger, sugar and a little water in a pan, bring to the boil and simmer on a low heat for 2-3 mins until the rhubarb has softened - still in pieces and not reduced to a puree.
2. Remove from the heat and set aside to cool.
3. Mix together the two yogurts until well mixed.
4. In 10 x 7oz tumblers place 30g of the rhubarb into the bottom of each container.
5. Top each one with 100ml of yoghurt and then cover each one with the final 20g of granola topping.

Key Nutrients

Portion	154g	100g	
Calories	185 (kcal)	120 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	9.1g	5.9g	Med
Saturates	4.0g	2.6g	Med
Sugars	11.3g	7.4g	Med
Salt	0.2g	0.1g	Low
Protein	7.5g	4.9g	–

Allergen Info: Oats, Milk, Nuts, Sesame