



Stewed Rhubarb & Apple with Greek Yoghurt & Toasted Seeds

What to collect

Ingredients	Equipment
5 Granny Smith Apples, peeled & cut into small cubes (2cm)	saucepan
6 stalks rhubarb, cut into small cubes (2cm)	chopping boards
2 tablespoons sugar	knife
Greek yoghurt	baking tray
1 cup mixed seeds, toasted	small serving glasses

What to do

1. Place apple, rhubarb & sugar with a half a cup of water into a saucepan.
2. Bring to the boil and then simmer for about 10 minutes, until apples are tender and rhubarb has broken down. Set aside and let it cool.
3. Toast seeds and set aside.
4. To serve, place a large spoonful of yoghurt on the bottom of a glass, followed by a tablespoon of fruit and sprinkle seeds on top and serve.