

DRINKS

RHUBARB SMOOTHIE

Ingredients (For 1 smoothie)

- 100 g rhubarb
- 1/2 pot plain yoghurt
- 7 cl milk
- 1 tsp honey
- 1 tbsp water

Preparation:

Wash the rhubarb, remove the outer layer, and cut it into small cubes.

Place the rhubarb, water and honey in a saucepan, cover, and cook over medium heat for 5 to 10 minutes.

Once the rhubarb is tender, allow to cool.

Place the rhubarb, yoghurt and milk in a blender bowl.

Blend all the ingredients.

Serve well chilled in a glass.

