

Farmers Market Fun Family Recipes



Serving Size: ½ cup

Yield: 4 cups

Ingredients

- 2 cups stewed rhubarb
- ½ cup plain low-fat yogurt
- 3 Tablespoons granulated sugar
- 2 Tablespoons orange juice

Instructions

1. In food processor, puree rhubarb until smooth.
2. Blend in yogurt, sugar, and juice.
3. Freeze in ice cream maker according to instructions.
Or cover and freeze in a shallow metal pan 3 to 4 hours
or until almost firm.
4. Break up mixture and process in food processor until smooth.
5. Freeze in chilled airtight container for 1 hour or until firm.

– Over –





Nutrition information:

Calories: 105

Carbohydrate: 25 gm

Fat: 0 gm

Protein: 1 gm

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Use only the stalks. Immediately cut off the rhubarb leaves and discard them. **Do not eat raw or cooked rhubarb leaves; they can be poisonous because they contain oxalate.**

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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