



Stewed Apple & Rhubarb

SERVES 4

INGREDIENTS

½ bunch rhubarb, washed and cut into 2cm pieces
3 green apples, peeled, cored and sliced
1 Tony Ferguson Diet Jelly packet (raspberry)

METHOD

1. Place the fruit in a saucepan adding enough water to cover the base, about 1/3 of a cup. Bring to a simmer and cook gently until soft, adding more water if required.
2. Stir through the jelly crystals and pour into 4 dishes.
3. Serve warm or cold.

