

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Rhubarb Syrup

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1 cup rhubarb (coarsely chopped)
1 1/2 cup maple syrup
3/4 tsp fresh ginger (grated)
pinch salt

Instructions

In small saucepan, combine all ingredients with 1 cup water. Bring to a boil, reduce to a simmer and cook until fruit breaks down and syrup thickens, about 30 minutes.

This can be used as a topping for many things. Try it over the past healthy recipe for "healthy pancakes".