

## **Rhubarb, Blackberry and Ginger Frozen Yogurt**

Very much a seasonal dessert but if you want to cook this out of season then you could just use frozen fruit. I made this with home-grown rhubarb and I picked the blackberries when out walking. I had planned on having this myself instead of ice cream but absolutely everyone loved, even the kids! Bonus ☺ This does have ginger syrup in it as well as honey but without it, this would just be too tart. And on the grand scale of things, it's still waaaaay better for you than ice cream!



- Approx. 8 sticks of rhubarb, washed and chopped into ½ inch pieces
- 3 cups blackberries
- 2 balls of stem ginger, diced into tiny pieces plus 2 tbsps. of the syrup from the jar
- 2 tbsp. honey
- 2 star anise
- 1 cinnamon stick
- 700ml Greek Yogurt

Place the fruit, ginger, cinnamon stick and star anise into a pan and only just cover with water. The fruit itself will release a lot of water. Bring this to the boil and simmer for 10 mins. This is all it will take for the fruit to soften.

At this point your kitchen will smell SO good.



Once cooked, drain the water from the pan and remove the cinnamon stick and star anise. Leave to cool slightly before transferring to a blender for just a quick pulse to really mush it all up. Mix this as much as you want. I mixed it really well but you can leave it chunky if you prefer. Now mix in the ginger syrup and the honey and fold in the yogurt.

Transfer this to a container suitable for the freezer, place a lid on top and leave to set. This is perfect after about 3 hours. I'd recommend just giving it a stir once each hour for 3 hours.

If you are leaving this overnight to freeze, it will set solid like a block of ice so you'll need to leave it out on the bench for a little while to soften slightly before eating it.

I hope you enjoy this tasty dessert 😊