

## **Poached Rhubarb and Pear with Cinnamon and Mint**

I adore this quick dish in winter and rhubarb is glorious at this time of year. My grandma used to poach rhubarb as fast as I could eat it! Most recipes add sugar to rhubarb but this is unnecessary – just combine it with a sweeter fruit and some herbs such as cinnamon or vanilla pods. I put cinnamon in this one as it balances blood sugar levels and makes me feel nice and warm on cold winter days!

### **Ingredients**

1 bunch of rhubarb

4 large green pears

1 stick of cinnamon

1 spring of freshly picked mint

150ml filtered water

### **Instructions**

Cut rhubarb and pear into small pieces. Add to large pot with water, cinnamon and mint then cover and steep for 30 minutes. This stores perfectly in the freezer.