

## Rhubarb Smoothie

### What to find:

400g red rhubarb  
Juice and rind of one small orange  
100g caster sugar ( or less to taste)  
One tablespoon porridge oats  
Two tablespoons Greek yogurt  
100ml full fat milk

### Kitchen stuff:

Chopping board  
Knife  
Tablespoons  
Grater  
Juice squeezer  
Measuring jug  
Saucepan  
Food processor / liquidiser

### What to do:

1. Wash the rhubarb and put the clean rhubarb onto a chopping board.
2. Use a table knife to chop off the rhubarb ends and then cut the trimmed sticks in half. Chop the sticks into 1-2cm cm pieces and put them into a small pan.
3. Scrub the orange and grate the rind; turn the fruit around as you grate. Be careful not to grate the pith (white) and to keep your fingers safe. Put the rind into the saucepan.
4. Cut the orange in half and twist each half around a squeezer to get the juice out. Add the juice to the pan.
5. Weigh the sugar and add it to the saucepan and then cover with a lid. Cook over a low heat for 5-8 minutes until the rhubarb is soft. Allow it to cool completely.
6. Put the cooled pink rhubarb, oats, yogurt and milk into a food processor.
7. **Younger children will need a Grown-up to help to use a food processor or liquidiser. Make sure that the lid is on properly and that you have dry hands.** Whiz until the rhubarb is smooth.

A delicious breakfast drink made in minutes and some cooking skills in the preparation.

### Did you know that?

The first red rhubarb (sometimes called champagne rhubarb) is grown in the dark (forced); this makes it grow faster as it tries to find the light.

### Tips

- Equal rhubarb lengths means equal cooking time.
- For a really cool smoothie add a few ice cubes but be careful as you blitz them (use the pulse button)
- For a thinner smoothie add more milk.

**ALWAYS HAVE A GROWN-UP IN THE KITCHEN WHEN YOU COOK**