Rhubarberry Mash

SERVES 6

Ingredients

1½ cup chopped trimmed rhubarb
2 cups mixed berries, including blueberries, raspberries or quartered strawberries
½ teaspoon cornstarch or flour
½ teaspoon fresh lemon juice
2 tablespoons maple syrup, honey or brown
Directions

1. Put the rhubarb, berries and cornstarch into the saucepan and put the saucepan on the stove.
   Turn the heat to medium, cover and bring to a boil. Cook about 7 minutes, stirring with the spoon from time to time.
2. Turn the heat to low, uncover and cook until the rhubarb is soft and the mixture has thickened, about 15 minutes.
3. Add the lemon juice and sweetener and stir well.
4. Set aside to cool a little bit and serve warm. Or cover and refrigerate overnight.

Source: ChopChop Magazine