

Dessert

Rhubarb Sundaes

Simple & Delicious Test Kitchen
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Start to Finish Time: 15 minutes

2 cups rhubarb, chopped or frozen
1/3 cup sugar
1/4 cup water
1/4 teaspoon ground cinnamon
1/2 teaspoon honey
vanilla ice cream
walnuts (for garnish, if desired)

In a saucepan, bring the rhubarb, sugar, water and cinnamon to a boil.

Reduce the heat. Simmer, uncovered, for 8 to 10 minutes or until the rhubarb is tender and the sauce has reached the desired consistency. Remove from the heat.

Stir in the honey.

Serve warm over vanilla ice cream.

Sprinkle with walnuts, if desired.

Yield: 1 cup

Per Serving (excluding unknown items): 268 Calories; trace Fat (0.1% calories from fat); trace Protein; 69g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 4 1/2 Other Carbohydrates.