

Strawberry Rhubarb Cream



Total Time
Prep: 20 min. + chilling

Makes
2 servings

Ingredients

- 1/2 cup chopped fresh or frozen rhubarb
- 2 tablespoons plus 1-1/2 teaspoons sugar, divided
- 1-1/2 teaspoons water
- 1/2 cup sliced fresh strawberries
- 1/3 cup heavy whipping cream, whipped
- Additional sliced fresh strawberries, optional

Directions

- In a small saucepan, combine the rhubarb, 2 tablespoons sugar and water. Bring to a boil, stirring constantly. Reduce heat; simmer, uncovered, until tender, about 10 minutes. Transfer to a small bowl; cool to room temperature.
- Place strawberries and remaining sugar in a food processor; cover and process until pureed. Stir into rhubarb mixture. Fold in whipped cream. Spoon into 2 parfait glasses or dessert dishes. Cover and refrigerate until chilled. Garnish with additional berries if desired.

Nutrition Facts

1/2 cup: 217 calories, 15g fat (9g saturated fat), 45mg cholesterol, 13mg sodium, 21g carbohydrate (19g sugars, 1g fiber), 2g protein.