

Rhubarb, Stem Ginger and Cinnamon fool recipe in brandy snap baskets



A cinnamon fool made without cream? This one's made with very low fat yogurt and the syrup from the stem ginger - it has that naughty feeling without the guilt



Ingredients serves 4

650g rhubarb, cut into small pieces

1 ball stem ginger from a jar in syrup, chopped, plus syrup to taste

1 cinnamon stick.

Juice of $\frac{1}{2}$ lemon.

Large pinch of ground cinnamon, plus extra to garnish

250g very low-fat natural yogurt.

4 brandy snap baskets

Method

Serves 4

Takes 20 minutes to make, plus cooling and chilling

Put the rhubarb, ginger, cinnamon stick, lemon juice and some cold water in a saucepan. Place over a high heat and when boiling, reduce the heat, cover with a lid and simmer, stirring occasionally, for 5 minutes until the rhubarb is tender.

Add stem ginger syrup to sweeten. Put into a bowl and leave to cool. Remove the cinnamon stick.

Stir the ground cinnamon into the yogurt and mix well. Layer the brandy snap baskets alternately with the rhubarb and the yogurt, finishing with a layer of yogurt. Chill for 30 minutes. Sprinkle the ground cinnamon over the top to garnish.