



## Mango Mint Rhubarb Coulis Reci-pea

Rhubarb gets a bad rap due to its extra tart flavor and its ability to seemingly only get along with strawberries in a sugary pie. But it's actually a veggie and a great source of Vitamin C, fiber, calcium, and potassium, so we can't leave it out! Rhubarb begins to harvest in April, and the crop usually lasts until July (this may vary depending on region).

We wanted to incorporate rhubarb with something sweet and seasonal. This reci-pea for Mango Mint Rhubarb Coulis is a perfect healthy topping to Nanna's Banana Puffet, and parents, it's fantastic on grilled fish or pork.

Mango Mint Rhubarb Coulis:

- 1 mango, remove skin and dice
- 1/4 cup rhubarb, cut into 1/2 inch pieces  
(this is about 1/2 of a large stalk)
- 1 tsp mint
- 1/2 tsp honey

Bring about 1 cup of water to a boil, add the rhubarb and boil for about 2 minutes until soft. In a food processor puree rhubarb, mango, mint, and honey until smooth.

Heat up Nanna's Banana Puffets and drizzle over top for a vitamin packed breakfast or snack!