



Slow Food[®]
Herefordshire

Rhubarb Smoothie

This is less of a recipe and more of an idea which can be adjusted to suit taste and the acidity of the rhubarb you use. Chop rhubarb into one inch pieces and gently poach it. Using a liquidiser, whiz up rhubarb, Dairy House Yoghurt, Bartonsham Milk and Herefordshire Honey until you get the texture and flavour you like!