

Roasted Rhubarb with Ginger from Claire Bailey, The 8 week blood sugar diet recipe book (Short Books, 2016)

Serves 2 (calories 50)

Ingredients

200g rhubarb cut at an angle into 3cm pieces

1 tablespoon coconut oil (or melted butter)

Knob of ginger in syrup, drained

Method

Preheat the oven to 180 degrees centigrade. Spread the rhubarb on a baking tray and pour the coconut oil over it. Slice the ginger into fine matchsticks and scatter it over the rhubarb. Bake the rhubarb for 20-30 minutes and serve it with 1 tablespoon crème fraiche (add 90 calories) or Greek yogurt (add 30 calories)

