

Roasted Rhubarb and Strawberry Breakfast Bowl with Walnuts and Fresh Mint

Makes about 6 servings

INGREDIENTS:

2.5 cups fresh organic strawberries, cut in half
3 cups chopped rhubarb
1/8 cup maple syrup
2 tablespoons balsamic vinegar
1/8 cup fresh mint, chopped and save a few sprigs as garnish
1 teaspoon sea salt
1/2 cup walnut halves, lightly toasted

Method

1. Preheat the oven to 350 degrees with a rack positioned in the middle of the oven.
2. Place parchment paper on a rimmed baking sheet or cooking dish. You want to preserve the juices for your topping mixture.
3. Using a large bowl, combine the strawberries and rhubarb. Set aside.
4. In a small bowl, whisk together the maple syrup, balsamic vinegar and salt. Pour this over the rhubarb and strawberries, and gently toss until well-coated.
5. In a single layer, spread the fruit out on the baking dish, making sure the juices cover the fruit. Place into the oven and roast for 35–40 minutes until the juices have thickened and the rhubarb is soft and tender.
6. Transfer to a bowl once out of the oven and still warm. Now you have a wonderful addition to your breakfast bowl. You can use it immediately, served atop granola, or you can top your with your favourite plain yogurt or kefir.
7. Add your walnuts and a sprig of mint. Store in the fridge.

I like to serve this with Dina's Granola and a dollop of kefir yoghurt or coconut yoghurt.