

Crock Pot Rhubarb Sauce

This weekend, I visited an amazing little organic grocery store, that seriously had two aisles, a delicious bakery and an old man with four teeth. I was tickled to browse the spices and produce, all of local variety. My search for local honey was finally complete and I bought “summer glory” that was harvested just last week. This time of year also produces one of my seasonal favorites, rhubarb, which was readily available and very affordable at this little corner store.

It doesn't surprise me anymore how many of my friends can only list about five different kinds of vegetables that they will eat, usually: lettuce, carrots, celery, corn and some sort of a bean. Come on, people, there is a rainbow of colorful delights growing in and on our earth! It's time to broaden your horizons and try something new... maybe grill a zucchini or steam an artichoke with dinner. Indulge in fresh mushrooms for a stir-fry or bake some beets to a sweet crisp. But today, I am going to introduce you to rhubarb, an unfamiliar stalk that cooks down into a mouth-twisting tartness that is best complemented by spring fruits or pastry sugariness.

There are very few ingredients in this dish and it takes almost no prep time. Serve it warm with angel food cake and vanilla ice cream or freeze the sauce and scoop it up as sorbet. It's non-dairy, can be sugar free, full of vitamins and a real treat. Enjoy!

5 stalks of rhubarb, cut into 3 inch sections (leaves and end removed, washed well)

1 lb. strawberries (tops removed)

3 ripe bananas

1/4 c. sugar (OPTIONAL)

Put all ingredients in crock pot, cook on high for 2-3 hours. Puree with immersion hand blender until consistency is smooth. Serve warm, cold or frozen.