



## RHUBARB, RASPBERRY AND ROSE CHIA COMPOTE

GF SF DF VEG V

### MAKES 1 LARGE JAR

250g rhubarb, cut into 3cm pieces (4 large stalks)

1 large pear, cored and cut into largish pieces

$\frac{1}{8}$  cup water

1 vanilla pod, scraped (don't throw away the pod) or  $\frac{1}{2}$  tsp natural vanilla paste

$1\frac{1}{4}$  cups frozen organic raspberries

$3\frac{1}{2}$  tbsp rice malt syrup

2 tbsp chia seeds

$\frac{1}{2}$  tsp natural rosewater

This easy compote is delicious in so many ways. Enjoy it with [Overnight Oats \(pg. 96\)](#), with yoghurt bowls, on top of [Smoothies](#), or as an alternative filling for the [Caramelised Pear Galettes](#)

Place rhubarb, pear, water and vanilla in a large saucepan over low-medium heat and cook lid-on for 25-30 minutes or until the pear is cooked to your liking, stirring occasionally.

Add frozen raspberries and cook a further 4-5 minutes.

Next, add rice malt syrup, chia and rosewater and stir to combine. Allow to cool before storing in a sealed container in the fridge - add your vanilla pod to the mixture here. Consume within 3-5 days or store in the freezer.