

RHUBARB ICE CREAM

INGREDIENTS

3 cups rhubarb, stripped and diced

1 cup white sugar

1 cup water

2 egg whites

1/4 cup white sugar

500g Cool Whip®

Strawberries



PREPARATION: 25 MINUTES

FREEZING: 4 HOURS

1 1/2 LITRES OF ICE CREAM

12-14 SERVINGS

PREPARATION

- 1 Simmer rhubarb, 1 cup sugar and water in a medium sauce pan until tender (about 20 minutes).
- 2 Cool and place in freezer. Freeze to a mush. It takes about 1 1/2 hours depending on freezer. Whisk to fluff.
- 3 Beat egg whites and 1/4 cup sugar until soft peaks form.
- 4 Fold into fluffed rhubarb mixture, add Cool Whip® and mix thoroughly with a spoon.
- 5 Put into a 2 liter plastic tub with cover and freeze for a minimum of 2 1/2 hours.
- 6 Serve half a cup of rhubarb ice cream with half a cup of strawberries per person.

Nutrient Analysis	
PER SERVING (1/2 cup ice cream with 1/2 cup strawberries)	
Renal exchange: 2 fruit + 2 sugar	
Calories	255kcal
Protein	2g
Carbohydrates	40g
Fibre	2.5g
Total Fat	11g
Saturated Fat	9g
Cholesterol	0mg
Sodium	21mg
Potassium	242mg
Phosphorus	29mg

Note:

The ice cream can be kept in the freezer for 1 month.

Health Canada strongly recommends to use pasteurized egg products instead of raw eggs when you are preparing uncooked homemade foods that use raw eggs.