

Foodnity Recipes

Rhubarb Fluff: Easy No-Bake Spring Dessert

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 pound rhubarb stalks, trimmed and sliced
- [ ] 1/3 cup granulated sugar
- [ ] 2 teaspoons lemon juice
- [ ] 1 cup heavy cream, chilled
- [ ] 1/2 teaspoon vanilla extract
- [ ] Pinch of salt

Optional Garnish

- [ ] 1 tablespoon honey
- [ ] Fresh mint leaves
- [ ] Toasted almond slivers

Instructions

1. Place the sliced rhubarb in a saucepan with sugar and lemon juice; bring to a gentle simmer, stirring occasionally, until the rhubarb softens but still holds a slight bite, about 5-7 minutes. Then remove from heat and let it cool completely.
2. While the rhubarb cools, whisk the chilled cream with vanilla, salt, and a splash of lemon juice in a metal bowl until soft peaks form; this should take about 3-4 minutes on medium speed.
3. Fold the cooled rhubarb mixture into the whipped cream gently, turning the bowl so the airy texture stays intact.
4. Divide the fluff into serving glasses, drizzle honey on top, and garnish with mint leaves and toasted almonds. Chill for at least 10 minutes before serving.

Nutrition per serving

210 kcal	2 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the rhubarb is very tart, add a little extra honey to balance.
- For an extra hint of spice, a pinch of ground ginger works nicely.
- Serve immediately for the lightest texture; the fluff can become denser if left too long.