

Foodnity Recipes

Rhubarb Fluff

No-bake rhubarb dessert, airy cream, bright tart, ready in minutes.

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

Ingredients

Main Ingredients

- [ ] 4 cups rhubarb stalks, trimmed and sliced
- [ ] 1/4 cup granulated sugar
- [ ] 1 tablespoon lemon juice
- [ ] 1 cup heavy whipping cream, cold
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] Pinch of salt

Instructions

1. Place the sliced rhubarb in a bowl, sprinkle with granulated sugar and lemon juice, then toss and let sit for 15 minutes to soften and release juices.
2. While the rhubarb macerates, chill a metal mixing bowl and whisk attachments in the freezer for 5 minutes.
3. Add the cold heavy cream, powdered sugar, vanilla, and a pinch of salt to the chilled bowl; whisk until soft peaks form, being careful not to over-beat.
4. Gently fold the macerated rhubarb, including any released juice, into the whipped cream until just combined; spoon into serving glasses.
5. Optional: garnish with a mint leaf, a dusting of powdered sugar, or a drizzle of honey, then serve immediately or chill for up to two hours.

Nutrition per serving

210 kcal	3 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the rhubarb releases too much liquid, drain gently before folding into the cream.
- For extra fragrance, add a hint of orange zest to the whipped cream.
- Use a glass that has been chilled for an elegant, cool presentation.