

Foodnity Recipes

Zesty Rhubarb Sauce for Ice Cream

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 ½ pounds fresh rhubarb, trimmed and sliced
- [ ] ½ cup granulated sugar
- [ ] ¼ cup water
- [ ] 2 teaspoons fresh lemon juice
- [ ] ½ teaspoon vanilla extract
- [ ] Pinch of salt

Optional Add-Ons

- [ ] 1 tablespoon honey for extra floral sweetness
- [ ] Fresh mint leaves for garnish

Instructions

1. In a medium saucepan, combine the sliced rhubarb, sugar, and water. Set the heat to medium-low and stir until the sugar dissolves.
2. Allow the mixture to come to a gentle simmer; you'll hear a soft bubbling as the rhubarb softens. Cook for 8-10 minutes, stirring occasionally, until the rhubarb breaks down but still holds a faint texture.
3. Stir in the lemon juice, vanilla extract, and a pinch of salt. If you're using honey, add it now and let it melt into the sauce.
4. Remove the pan from heat. Let the sauce cool slightly, then transfer to a serving bowl. Drizzle warm over ice cream or store in the refrigerator.
5. Optional: Garnish with fresh mint leaves or a light dusting of powdered sugar for extra visual appeal.

Nutrition per serving

120 kcal	2 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the sauce after adding lemon; adjust sweetness if needed.
- If the sauce thickens too much upon cooling, whisk in a splash of water.
- For a smoother texture, blend briefly with an immersion blender.