

# Instructions

## Parfait

1

Let's now prepare a yummy **stewed rhubarb and strawberries parfait!**

### ITEMS

- A wooden knife (find it in the box)
- A spoon
- Small glass recipient
- Fresh rhubarb
- Fresh organic strawberries
- Orange
- Ginger (optional)
- Oats or homemade granola
- Shredded coconut (optional)
- Some finely crushed nuts (optional)
- Yogurt
- Wild herbs (topping for the picnic)

3

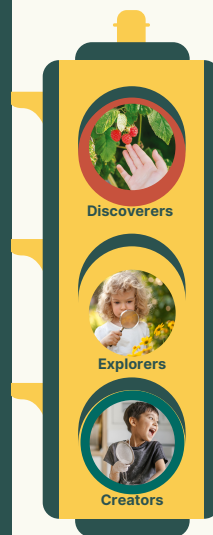
### How to start?

- **Arrange** all the ingredients.
- **Wash** and **dry** well the fruits/veggies.
- With the wooden knife, **cut** the **rhubarb** and **strawberries** into smaller pieces and add them to a small pot.
- **Cut** the **orange** in half and **squeeze** out some juice.
- **Grate** some **ginger** and add it into the small pot, **mix** gently.

4

It's time to plate up, let's create some layers!

- First **scoop** some **yogurt** in the glass, then **oatmeal** or **granola** and then your **rhubarb and strawberry stew**.
- **Repeat** the process until the glass is full.
- Finally **sprinkle** some shredded **coconut**, small pieces of **chopped fruit** and a couple of your **wild herbs!**



**Show your child** how to support you on the different steps by letting her gradually take on more responsibility.

**Explain to your child** with words (simple / three-step instructions) how she should support you. Let her gradually take on more responsibility.

**Explain to your child** all the steps with more elaborate words. Let her take initiative and take on responsibility.

# Stewed Rhubarb & Strawberries

## INGREDIENTS

- Fresh rhubarb 50 g
- Fresh, organic strawberries 75g
- Orange juice 63 mm
- Ginger (optional)
- Oats or home made granola
- Shredded coconut (optional)
- Some finely crushed nuts (optional)
- Natural yogurt or plant base yogurt (without added sugar)

Nuts are common allergens

## INSTRUCTIONS

1. Wash and dry the rhubarb, strawberries, and orange.
2. Combine the rhubarb, strawberries, orange juice and the grated ginger in a small pot. Set on medium-high heat.



3. As soon as the pot comes to a boil, lower the heat to create a bare simmer.

4. Cook, stirring occasionally, until the fruit softens and starts to break down, about 15 minutes.

5. Turn off the heat. Cool to room temperature.

