

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## ***Rhubarb Syrup***

6 cups fresh rhubarb, cut into small pieces  
3/4 cup (310 mL) sugar  
1 cup (250 mL) pure water  
4 thyme sprigs\*  
1/4 fresh lemon

\* option: substitute thyme for a 1-inch piece of ginger, chopped

Put rhubarb, sugar, water, thyme (or ginger) and lemon in a heavy bottom pot and bring to a boil. Reduce the heat to a low simmer, cover and cook until soft, 20 to 30 minutes. Remove from heat and let cool. Strain the thick, concentrated syrup from the pulp. Let sit in the strainer for half an hour if necessary. Discard the pulp or use in baking.

Refrigerate the rhubarb syrup. Keeps in the refrigerator for 3 to 4 weeks.

You can use the rhubarb syrup for a sparkling summer drink by adding a few strawberries to a glass, ice, 4 tbsp (60 mL) rhubarb syrup and chilled sparkling water. Sip and enjoy.

Change up the orange juice in a weekend Mimosa with rhubarb syrup and sparkling water. Sip and enjoy.

Option: Freeze in ice cube trays and use 2 cubes for a drink.



Recipe courtesy of food writer, Lynn Ogryzlo  
Photograph courtesy of food photographer, Jon Ogryzlo  
Episode #62: Preserving Spring Flavours

Email Lynn with questions or comments at [lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)

***Because What You Put In Your Body Matters!***