

Eton Mess

⚠ Caution: Check for allergies

🕒 30 minutes

👤 6 people

Ingredients

- 300g strawberries
- 300ml low fat natural yoghurt
- 4 meringue nests
- 1 tbsp caster sugar



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Equipment

- chopping board
- sharp knife
- mixing bowl
- plastic freezer bag
- fork
- spoon
- six small serving bowls

Method

1. Put the meringue nests into a plastic freezer bag and scrunch them up until broken into pieces.
2. Put half of the strawberries in a bowl and mash them with a fork.
3. Slice the rest of the strawberries in half.
4. Add the sugar to the yoghurt and mix well.
5. Add the yoghurt and sugar mixture to the mashed strawberries and stir.
6. Mix the crushed meringue nests and the halved strawberries into the yoghurt mixture, keeping six strawberry halves for decoration.
7. Spoon the mixture into six small serving bowls and decorate with the remaining strawberries.

