



Summer berry Eton mess

Ingredients: (Serves 4)

1 egg white
2 tablespoons caster sugar
 $\frac{3}{4}$ cup thickened cream
2 tablespoons icing sugar
1 teaspoon vanilla bean extract
 $\frac{3}{4}$ cup Greek yoghurt
 $\frac{1}{2}$ cup frozen raspberries, thawed
2 teaspoons rosewater
1 punnet of strawberries, quartered
1 punnet of blueberries

Method:

1. Preheat oven to 90°C (fan-forced). Whisk egg white to firm peaks, then slowly whisk in sugar until stiff and glossy. Using a piping bag or snipped snap-lock bag, pipe meringue into 2cm dots on a lined baking tray. Sprinkle with sumac. Transfer to the oven for 40-50 minutes or until meringues become slightly crisp. Remove from oven and allow to cool.
2. Meanwhile, whisk cream, icing sugar and vanilla until stiff peaks form. Fold through yoghurt. Mash thawed raspberries and rosewater with a fork to a thick sauce consistency. Gently fold into cream mixture, stopping while some raspberry ripples remain.
3. To serve, arrange a third of the strawberries and blueberries at the base of four dessert bowls or glasses. Top with half the meringue and raspberry cream. Repeat this process, then finish with remaining strawberries and blueberries

Nutrition Information: (per serve)

Energy:	1179kJ (281cal)	Sodium:	73mg		
Protein:	5.7g	Sat Fat:	10.4g		
Fat:	16.4g	Sugars:	25.1g	Fibre:	4.5g
Carbohydrate:	25.3g				