



# Eton mess

Serves: 4

## Time

Preparation time 5 minutes

## Ingredients

- 300g strawberries, washed and stalk removed (hulled)
- 300g (1 tin) raspberries
- 1 (11g) sachet low-calorie white chocolate powder
- 250ml 0% fat thick natural yogurt
- 4 meringues about 12g each (see our recipe for meringues or use bought ones if you need to save time)

## Method

1. Cut 2 strawberries in half and set to the side for decoration.
2. Cut the remaining strawberries into small chunks.
3. Drain the juice from the tin and pour the raspberries into a large mixing bowl, then use a potato masher to mash the raspberries.
4. Add the yogurt, white chocolate powder and half of the chopped fresh strawberries to the bowl and mix together.
5. Break the meringues into roughly 2.5 cm (1 inch) pieces and fold into the yogurt mixture.
6. To serve, spoon the remaining strawberry chunks into four glasses, top with Eton mess, decorate with half a strawberry and serve immediately.

