



## Mini Fruit Cocktail Pavlovas



Serves  
8



Prep  
15 minutes



Put together this store-cupboard dessert in a matter of minutes.

### Cooks Tips:

Whip the cream in a chilled bowl and with a chilled whisk or beaters for best results. Just pop them into the fridge for 10 minutes before you start.

You could use any of the Princes range of canned fruit for topping the meringues, and the Fruit Fillings would work well too. For speed, use a hand-held electric whisk for whipping the cream, though go easy, as you don't want to over-whip it.

	Calories	Sugars	Fat	Saturated Fat	Salt
66g	171	19g	10g	6.3g	0.6g
RI%	9%	21%	14%	32%	1%

### Ingredients

1 x 410g can Princes Fruit Cocktail with Juice

8 meringue nests

150g carton double cream

### Method

1. Drain the can of fruit cocktail.
2. Arrange the meringue nests onto a serving platter or tray.
3. Whip the cream until it holds its shape. Share between the meringue nests.
4. Top with the fruit cocktail, then serve.