



Strawberry Eton Mess



Ingredients

2 x 420g cans of Princes Strawberries in Light Syrup, drained

6 ready-made meringue nests

300mls double cream

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	548kcal	42.8g	40.3g	25g	0.1g
RI%	27%	48%	58%	125%	2%

Method

1. In a large bowl break up the meringues into small pieces.
2. Whip the cream until it reaches a soft dropping consistency and just holds its shape.
3. Fold the meringue into the cream.
4. Reserve 4 strawberries and lightly crush the remaining ones with a fork or potato masher.
5. Place a spoonful of the crushed strawberries into the base of 4 dessert glasses, follow with a layer of the meringue mixture and repeat.
6. Top each dish with the reserved strawberries and serve.