


TROPICAL FRUIT MERINGUE NESTS



 Serves
8

 Prep
20 minutes

Create this quick, clever dessert in just a matter of minutes!

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	287kcal	27.1g	20.1g	12.5g	0.1g
R1%	14%	30%	29%	63%	2%

METHOD

1. Drain the syrup and juice from the cans of mango, peach and pineapple. Chop the mango into smaller pieces. Drain the fruit on kitchen paper.
2. Drain the syrup from the strawberries. Put the strawberries into a jug or mixing bowl and blend with a hand-held stick blender to make a smooth puree. Alternatively, puree them in a blender or food processor.
3. Whip the cream in a chilled bowl until it holds its shape. Share it between the meringue nests, then spoon the fruit on top.
4. Serve the meringues with the strawberry puree, decorated with fresh mint sprigs. Serve any remaining fruit with them.

INGREDIENTS

- 1 x 425g can of **Princes Mango Slices in juice**
- 1 x 410g can of **Princes Peach Slices with Juice**
- 1 x 227g can of **Princes Pineapple Chunks with Juice**
- 1 x 420g can of **Princes Strawberries in Light Syrup**
- 300ml double cream
- 8 meringue nests
- Mint sprigs, to decorate