



# ETON MESS

## METHOD

Cut the strawberries in half or into thick slices if they're big. Place in a bowl then cover and chill for 2-3 hrs.

Whip the cream until it forms soft peaks, then fold in the berries and juices.

Crush the meringues and fold into the strawberry and cream mixture.

Spoon the Eton mess into individual dishes. If you like, you can decorate with extra strawberries.

## INGREDIENTS

- 6 ready-made meringues
- 570ml double cream (or use half Greek yogurt for a healthier version)
- 450g strawberries, washed and hulled

