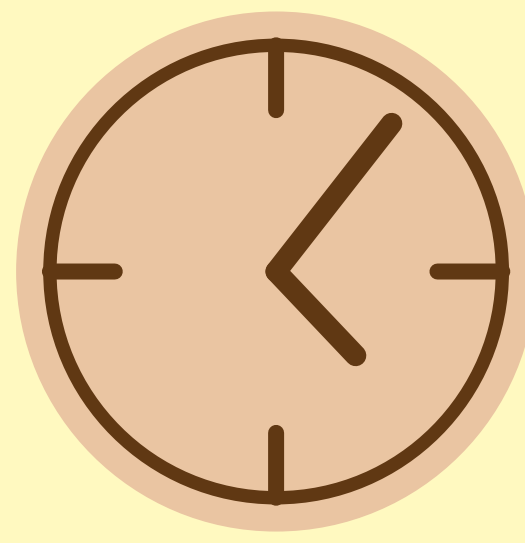


# Eton Mess

... a much loved dessert which is easy to prepare



20 Minutes



Serves 6



Dessert

## INGREDIENTS

**300g Frozen Raspberries**

**300g fresh strawberries, hulled and cut in half**

**100g caster sugar**

**210g thickened cream, lightly whipped**

**300g Greek yoghurt**

**100g Erica's Kitchen meringues, roughly crushed**



## COOKING INSTRUCTIONS

**Place the raspberries, strawberries and sugar in a large saucepan over medium-low heat. Stir continuously until sugar has dissolved and fruit has softened.**

**Remove from heat and allow to cool. Pour berry mix into a large bowl and lightly crush fruit with a fork.**

**Gently fold through cream, yoghurt and meringue until just combined.**

**Spoon into serving dish and serve immediately.**

**Serving suggestion: Garnish with fresh raspberries or strawberries.**