

# Berry Eton mess



## Berry Eton mess

Preparation 20 mins + standing time | Serves 6

Quick, easy and simply delicious, this dessert is perfect for any occasion.

- 250g strawberries, hulled and chopped
- 2 tbs icing sugar
- 300ml carton thickened cream
- 1 cup thick vanilla bean yoghurt
- 2 (about 100g) large meringues (from a bakery)
- 125g raspberries
- 125g blueberries

**STEP 1** Place strawberries into a bowl. Sprinkle with 1 tbs icing sugar and set aside for 20 minutes.

**STEP 2** Whip cream and remaining 1 tbs icing sugar in a bowl until soft peaks form. Fold through yoghurt.

**STEP 3** Using a fork, roughly mash strawberries. Gently fold strawberries and meringues through cream mixture. Stir through raspberries and blueberries. Spoon into serving glasses and serve.

### Good for you... **STRAWBERRIES**

*A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.*

