

Eton mess



This recipe couldn't be easier for your child to help with. Simply put all the ingredients into a bowl and mix them all together. The messier the better!

All sorts of fruit can be added to this dessert. Stick to your family favourites or why not try something new?

Ingredients:

- Meringue nests (one per person)
- Strawberries (a handful per person)
- Double cream (2 tablespoons per person)

IN THE KITCHEN - Eton mess

You'll also need:

- An electric whisk
- A mixing bowl

Method:

- Whisk the double cream until it forms soft peaks
- Break each meringue nest into pieces
- Cut the strawberries into halves (or quarters)
- Add the meringue pieces and strawberry pieces to the cream in the bowl and mix them all together

TOP TIP:

For a healthier spin,
replace the cream
with yogurt

