

Summery Eton Mess

by Françoise La Prune

serves	level	prep time
4	easy	15 min

Eton Mess isn't necessarily the first thing that you'd think of as a light and totally moorish summer dessert. But here is a case where you can have your Eton Mess and eat it.



Ingredients

Peach Raspberry Coulis

1 **peach**

75g **raspberries**

1/2 **vanilla pod** - *seeds scraped*

1tbsp **maple syrup** - *optional!*

Greek Yoghurt Cream

150ml **greek yoghurt**

150g **double cream**

1tbsp **maple syrup**

1/2 **vanilla pod** - *seeds scraped*

To Finish

200g **strawberries**

50g **meringue**

physalis or **mint** - *for decoration*

Instructions

1. Start with the coulis. Put all the ingredients into the blender, blitz until smooth. Set aside.
2. Take a bowl and add all the ingredients of the Greek yoghurt cream. Whisk, preferably with a handheld electric mixer, until you get the consistency of a velvety cream. Set aside.
3. Cut the strawberries into cubes. Set aside.
4. Crumble the meringue into small pieces.
→ *Those 4 steps can be prepared in advance.*

Just before serving:

5. Take 4 glasses. Add alternate spoons of: cream, coulis, strawberry cubes and meringue. Decorate with mint or physalis.
6. Enjoy!

HINT:
Prepare just before
serving as the
meringue will
become soggy.

Tips / Variations:

- *Double the coulis* - use the leftover the next day with your porridge or chia pudding.
- *Make a breakfast parfait* - swap the meringue with chia pudding and add your favourite granola.
- *Make it lactose free* - use soy yoghurt or cashew nut cream instead of the cream and Greek yoghurt.
- *Change the taste* - make the coulis with persimmon and blackberries. Add blueberries as the fresh fruit.