

ETON MESS

Serves 4
Per serving: 127 calories, 1.5% fat
Preparation time 10 mins

Chef's Tip: Prepare just before serving to keep the meringue crunchy.

INGREDIENTS

12 mini meringues
8 tbsps Live Greek style natural yogurt
150g fresh raspberries
fresh mint, to serve

METHOD

1. Take 4 small serving glasses. Place a crushed meringue in the base of each.
2. Add layers of yogurt and raspberries in between more crushed meringue and top each one with a meringue or another raspberry.
3. Decorate with fresh mint and serve.

