Community Integrated Care

Easy Eton Mess!

CARE TO COOK

What you will need



Meringue Nest



3 Tablespoons of Greek Yoghurt



Honey



Frozen Berries



Measuring Spoons



Apron

Method

Wash your hands and put on your apron.



Place the meringue nest in a bowl. You have the option to crush it up into bite size pieces.



Add 3 tablespoons of Greek yoghurt on top of the meringue nest.



Add a squeeze of honey on top of the Greek yoghurt.



Fold the meringue, yoghurt and honey together, the messier the better.



Add a handful of frozen berries on top of the mess and serve.

