



Pudding Pie

Cookery School

Cookery parties and courses to suit all ages

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Low Fat Eton Mess

serves 6



Ingredients

1 lb punnet strawberries

12 meringues, broken up

570ml low fat Greek yoghurt

1 heaped tbsp caster sugar

Method

- Mash 3 quarters of the strawberries into a puree. Slice the remaining strawberries.
- Mix the yoghurt with the caster sugar.
- In a bowl layer the strawberry puree with the yoghurt and broken pieces of meringue.
- Finish with the yoghurt and then top with the sliced strawberries.