

STRAWBERRY ETON MESS

INGREDIENTS

2 egg whites

1/4 cup white sugar

1/4 teaspoon vanilla

2 cups fresh strawberries, washed and sliced

2 cups Cool Whip®



PREPARATION: 20 MINUTES

COOKING: 2 HOURS

4 SERVINGS

Tips

If you want to save time:

*Buy meringue cookies or nests
at a grocery store.*

PREPARATION

- 1** Preheat the oven to 200°F and line a baking tray with parchment paper.
- 2** In a bowl, whip the egg whites until frothy. Slowly add the 1/4 cup of sugar and whisk until soft peaks form. Mix in the vanilla.
- 3** Drop teaspoons of the meringue on the parchment-lined baking tray to form cookies. Bake for 1.5 hours. Turn off oven and leave the cookies in the oven to continue to crisp.
- 4** In a mixing bowl, add the sliced strawberries and mash slightly to release their juices.
- 5** For the cookies to stay nice and crisp, assemble the Eton Mess just before serving: Crumble the meringue cookies into the bowl. Add the Cool Whip and fold all the ingredients together. Serve in a trifle bowl or 4 individual bowls.

International Flavour

Eton Mess comes from **Great Britain** and is traditionally made with strawberries, but feel free to substitute with your favourite berries.

Nutrient Analysis

PER SERVING

1/4 recipe

Renal exchange:

1 Fruit + 1 Starch

Calories	184 Kcal
Protein	2.5g
Carbohydrates	28g
Fibre	2g
Total Fat	8.5g
Saturated Fat	7g
Cholesterol	0mg
Sodium	28mg
Potassium	165mg
Phosphorus	36mg