

Eton Mess

Serves: 1

Prep time: 10 Minutes

Cooking time: 1 Minute

Ingredients:

- $\frac{3}{4}$ cup frozen berries, chopped
- 1 teaspoon rose water
- 1 teaspoon maple syrup
- 2 pavlova nests
- 1 large fresh strawberry, quartered
- 3 fresh raspberries, halved
- 1 teaspoon icing sugar
- 2 tablespoons dollop cream
- 1 teaspoon dollop cream **extra**

Garnish

- 1 tablespoon mint, chopped + small leaves
- 3 strawberries

Method:

- Place the frozen berries in a microwave bowl cover and cook for 40 seconds in microwave
- Add the rose water and maple syrup, stir and set aside
- **Assemble the Eton Mess** using a large suitable glass
- Slightly crush one of the pavlova nests and place in the bottom of glass
- Add 2 tablespoons of the mixed berry coulis over the pavlova pieces
- Place 2 tablespoons of dollop cream on top of the berries
- Slightly crush the next of the pavlova nests and place over the cream
- Add more of the berry coulis
- Add another tablespoon of dollop cream
- Drizzle the remainder of the berry coulis over the cream
- Arrange the fresh berries on top then dust all with icing sugar
- **Serve and Enjoy**



*Crunchy - Delicious
Super Easy*