

Vanilla Eton Mess



3:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 90 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	28.7g	
Protein	7.4g	
Carbohydrate	2g	
Energy (calories)	296kcal	



Enhancing Lives Together

Vanilla Eton Mess



Ingredients	Quantity	Your recipe
Meringue		
Egg, whites only	20g	
Sugar-free icing sugar e.g. Sukrin® Melis icing sugar	20g	
Filling		
K·Yo™ Vanilla	60g	
Double cream, whipped e.g. Morrison's or Tesco	20g	
Dark chocolate, grated e.g. Lindt 90% dark chocolate	1g	
Strawberry, chopped	10g	

Method:

Meringue

1. Pre heat oven 90°C/fan 90°C/gas mark ¼.
2. Add egg whites into a large clean mixing bowl (not plastic).
3. Using an electric hand whisk, on a medium speed whisk until the mixture resembles a fluffy cloud and stands up in stiff peaks when the blades are lifted.
4. Turn the speed up and start to add all the sugar-free icing sugar. Continue beating for 30 to 40 seconds until mixture stands up in stiff peaks.
5. Using a dessert spoon, scoop a heaped spoonful of the mixture. Using another dessert spoon, ease it on to the baking sheet to make an oval shape.
6. Bake for 90 minutes in a fan oven or 100 minutes in a conventional oven, until the meringues sound crisp when tapped underneath and are a pale coffee colour.

Filling

1. Break the meringue into large pieces.
2. Add whipped cream into a bowl, gently fold in **K·Yo™**, strawberries and meringue.
3. Sprinkle grated dark chocolate over the top.

**K·Yo™ is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**