



HEALTHY ETON MESS

SERVES 1 PREP ~ 4mins SUITABLE FOR: Vegan

A healthy twist on a classic dessert. The crunch from the meringue is provided by granola and therefore lower in sugar and high in fibre. The ice cream & cream are substituted with Greek yogurt which is lower in fat and higher in protein. The mixed berries provide loads of flavour & are high in vitamin C. This is a super quick treat that my kids absolutely love as a breakfast or snack.



NUTRITION INFO

Health Score 1.7. High in Vit B2, Vit B12 & Manganese

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
151.4	17.3g	12.3g (13.6%)	9.8g	3.5g	1.1g (5.7%)	2.5g (8.2%)

INGREDIENTS

- 1/2 Cup Frozen Berries
- 5 Tbsp Greek Yogurt or vegan alternative
- 1/2 Tsp Vanilla Extract
- 2 Tbsp Granola

METHOD

1. In a bowl microwave the berries for ~1min
2. Lightly mash the berries using a fork
3. Add the remaining ingredients & mix through

