



## Eton Mess (Paleo - dairy free)

LEVEL: EASY

PREP TIME: 2-3 hours

TOTAL: 2-3 hours

Eton mess is one of the easiest summer desserts to make. The original one uses double cream and sugar but are now swapped for paleo-friendly coconut cream, maple syrup and coconut sugar. This version is light and comes without any lethargic sugar coma. It's also perfect for kids to get involved. Make the meringue, cream and sauce in advance, let them deliver the mess!

### Ingredients

- **Meringue:** 2 egg whites, 1/2 tsp apple cider vinegar, 1/2 tbsp arrowroot starch, 2 tbsp coconut sugar
- **Coconut cream:** 400g full fat coconut milk refrigerated overnight, 1 tsp vanilla extract, 1-2 tbsp maple syrup
- **Strawberries:** 2-3 cups, washed, leaves removed and sliced, save half for the sauce, 1 cup chia seeds, 1 tbsp maple syrup

### Method

- **Meringue:** Preheat the oven to 105°C. Line a baking sheet with parchment paper. Add egg whites, vinegar, arrowroot starch in a bowl and whisk on high until stiff and foamy. Gradually beat in coconut sugar and continue to whisk until well combined.
- Transfer the mixture spoon by spoon to create little cookies on the lined baking sheet.
- Bake for about 90 minutes until golden and firm to touch. Allow to cool inside oven for 1 hour. Then remove to cool completely.
- **Strawberry sauce:** Add half of the strawberries, 1 tbsp chia seeds and maple syrup in a processor and pulse until consistent.
- **Coconut Cream:** Make sure it is full fat and is refrigerated overnight. Open the can and scoop out the thick cream not the liquid. Add the cream, vanilla extract and maple syrup in a cool metal or glass bowl. Whisk for 10 minutes until soft and creamy.
- **Ensemble:** place a few meringues in each glass, add whipped cream, strawberry sauce and a few fresh strawberries. Continue to layer until the glasses are full.