

Mini Fruit Meringues

Serves: 24



Ingredients

- 200ml water
- 2 tsp Loprofin Egg White Replacer
- 120g caster sugar
- 250g frozen raspberries, thawed
- Juice from 1/2 lemon
- 1 tbsp icing sugar
- Fresh berries and mint leaves, to decorate



Method:

1. Add the Loprofin Egg White Replacer to the water.
2. Leave to soak overnight in the fridge.
3. The next day, whisk the egg white mixture until it holds its shape.
4. Add caster sugar to the egg white mix, whisk for 10-15 minutes until the mixture is stiff.
5. Preheat oven to 150°C.
6. Place the meringue mixture into a piping bag and pipe into your desired shape.
7. Bake for 30 minutes, then turn oven off and leave to cool in the oven.
8. To make the raspberry coulis, mix the thawed raspberries, lemon juice and icing sugar in a food processor and blitz.
9. Pass the coulis through a sieve to remove the seeds.
10. Decorate your meringues with fresh berries, mint and the raspberry coulis.

Chef's Tip

This is the perfect show-stopping dessert for a summer party.

Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

The Loprofin Range are Foods for Special Medical Purposes and must be used under medical supervision.

* The protein content indicated in this recipe is provided as a guide only. Please check the protein content on individual ingredients and food labels.