

Vegan Eton Mess

Suitable for Vegans and Vegetarians

Ingredients (4 servings)

- Drained liquid from a 400g can chickpeas (known as aquafaba)
- 100g golden caster sugar
- 500g mixed berries
- 2 tbsp icing sugar
- ½ tbsp rose water
- 400ml vegan coconut yogurt
- Rose petals, to serve

Method

- 1) Heat oven to 110C/90C fan/gas 1 and line a baking tray with parchment.
- 2) Whisk the drained chickpea liquid with an electric whisk until white, fluffy and just holding its shape – be persistent, this can take some time
- 3) Gradually whisk in the caster sugar until your chickpea meringue reaches stiff peaks.
- 4) Spoon the vegan meringue onto the baking parchment and bake for 1hr 30 mins, or until they come off the paper easily. Leave to cool.
- 5) Meanwhile, mix the berries with the icing sugar and rose water. Set aside for 30 mins so the flavours infuse and the berries release some of their juices.
- 6) Put the yogurt into a large bowl, crush in the meringues then stir through 1/3 of the fruit, rippling it through the yogurt. Spoon into 4 serving dishes then top with the remaining fruit and the rose petals.



Adapted from BBC Good Food