



Israeli Summer

- Preparation time: 0 minutes
- Cook time: 0 minutes
- Servings: 4
- Source:

Berry delightful

Notes: You can use any fruit combination you like

Nutrition

Off the sugar scale but lots of fruit :)

Ingredients

1 Punnet Strawberries

1 Punnet Raspberries

1 Punnet Blueberries

1 Passion Fruit x2

1 Bag Marshmallows

1 Ready made Meringues

1 Double Cream

1 Tbsp Sugar

Method

Step 1



Chop strawberries and raspberries into quarters
Put into a big bowl with the blueberries

Sprinkle a tablespoon or so of sugar over and stir well

Leave in fridge for couple of hours stirring occasionally

Step 2



An hour before serving cut marshmallows into quarters and add to the fruit

Return to fridge

Step 3

Just before serving whisk the double cream so it's whipped into soft peaks Break up the meringues and mix into the bowl of fruit and marshmallows Layer whipped cream and fruit into a bowl finishing with a dollop of whipped cream Top with a generous spoonful of passion fruit

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