

Strawberry and Meringue Ice-cream

Serves 10

Ingredients:

200g strawberries
500mls low fat crème fraiche
2 level tbsp icing sugar
30g meringue (slightly crushed)

Method

1. Blend together the strawberries, crème fraiche and icing sugar
2. Stir in the slightly crushed meringue pieces
3. Freeze for at least 2-3hours
4. Take out of freezer approximately 30minutes before serving

Serve with fresh fruit

Nutritional information per portion

Kcals: 110
CHO: 9.3g
Sugar: 8.6g
Fat: 7.5g
Fibre: 0.2g