



Vegan Eton Mess

The traditional English dessert is usually far from being vegan. But only a few alterations and you will be surprised how easy it is to make this divine pudding all vegan.

The summertime is of course the best time for a typical Eton Mess with all the fresh berries being harvested.

Ingredients

500 g mixed fresh berries (blueberries, blackberries, raspberries, strawberries or which berry you prefer)

400 g vegan yogurt

2 tablespoons icing sugar

2 tablespoons Amaretto

vegan meringues -> recipe see next page

fresh mint leaves to garnish

Instructions

- prepare vegan meringues with the recipe found on the next page; half of the amount will be enough for the Eton Mess (otherwise just double the ingredients like berries etc)
preparing meringues will take some baking time, so plan ahead
- mix the berries (halve the strawberries) with icing sugar and Amaretto and let them soak for at least 30 mins
- vegan yogurt we get in our supermarkets is always quite liquid, that is why I prefer to let it drain in a sieve for a few hours (or over night) in the fridge; as an alternative you might want to try out some pectin
- fill the drained yogurt in glasses (or the whole yogurt in one large bowl and cover this layer with the 2/3 of the berries
- crush the meringues and add the pieces on top of the berries; leave some pieces for garnish
- top with the rest of the berries and garnish with some bits of the meringues and fresh mint leaves



Vegan Meringues

Meringues are something definitely not vegan at all. BUT there is an alternative for vegans, which is easy and cheap: Aquafaba, the water of chickpeas.

Full of proteins, aquafaba can be beaten like egg white and you can produce extremely yummy meringues with it (WITHOUT any chickpea taste – promised!).

Ingredients

Liquid of 1 tin of chickpeas
100 g sugar
2 teaspoons vanilla extract
1 teaspoon lemon juice

Instructions

- drain the chickpeas (save them for an other recipe with chickpeas) and catch the liquid
- mix the aquafaba with the lemon juice and whisk it with a hand mixer on high speed until the it becomes stiff; this will take 10 – 15 mins, longer than egg white
- when stiff, begin to add the vanilla extract and the sugar, but slowly, only one spoon after another while mixing in between
- when the aquafaba is all glossy and stiff (shouldn't slide down when you tilt the bowl), spoon it on a baking tray with baking paper
- bake at 120 C (non fan) for 1,5 hours or until the meringues start to slightly crack on top (time might vary from oven to oven)
- DO NOT open the oven (otherwise the meringues will be chewy) but let the meringues rest for an other hour in the oven; they will be crispy and fluffy after that time and ready to eat
- to store them, pack the meringues in an airtight box in the fridge