



**Natrel**  
Lactose Free®

# Strawberry and Cream Meringues

*Brown sugar meringue nests make a perfect base for sliced strawberries and lactose-free whipping cream; a special treat for family and friends.*

**Preparation:** 15 minutes

**Baking time for meringue:** 1 hour

**Cooling time for meringue:** 1 hour

|                     |  |
|---------------------|--|
| 4                   | egg whites, at room temperature                    |
| 1 mL (1/4 tsp)      | cream of tartar                                    |
| 125 mL (1/2 cup)    | granulated sugar                                   |
| 125 mL (1/2 cup)    | golden brown sugar                                 |
| 15 mL (1 tbsp)      | cornstarch   |
| 5 mL (1 tsp)        | vanilla extract                                    |
| 300 mL (1-1/4 cups) | <b>Natrel Lactose Free 35% m.f. Whipping Cream</b> |
| 30 mL (2 tbsp)      | strawberry jam or jelly                            |
| 500 mL (2 cups)     | fresh strawberries, hulled & sliced                |
|                     | fresh mint (optional)                              |

**HEAT** oven to 250° F. Line baking sheet with parchment paper. Using a 4-inch round bowl, trace out 6 (4-inch) circles, about 1-inch apart on paper.

**PLACE** sugars in food processor and process 10 to 15 seconds to make a finer sugar blend.

**BEAT** egg whites and cream of tartar with electric mixer on high, until soft peaks form. Beat in sugar mixture, 2 tsp at a time, until glossy peaks form. Beat in cornstarch and vanilla. When mixture stands in stiff peaks on the beater, it is ready for baking. Do not overbeat.

**SPREAD** egg white mixture onto traced circles on baking sheet, mounding sides up and using the back of a spoon to form hollow nests.

**BAKE** 1 hour or until outside is crisp and dry. Turn oven off and leave meringue shells inside until completely cooled. (Note: meringue shells can be made ahead and stored in airtight container for up to 2 days).

**WHIP** cream with electric mixer on high until soft peaks form. Add strawberry jam or jelly to whipped cream in mixer. Beat for an additional few seconds to combine. Shortly before serving, fill each meringue shell with strawberries and whipped cream mixture. Garnish with mint.

**Makes 6 servings**

## TIPS

- For a white coloured meringue use 1 cup superfine sugar, or granulated sugar that has been pulsed briefly in a food processor.
- Meringues are best made when humidity is not high.
- If desired, use commercially available white meringue nests; fill as above.