



BrendonCare

# Cooking For One

## Rod and David's Mess

1 Meringue Nest or Shell  
2oz Frozen Berries Defrosted  
2 tbs Crème Fraiche or  
1 Scope Vanilla Icecream



### Method

1. Defrost frozen berries overnight in the fridge.
2. Place meringue in bowl and crush the meringue into large pieces.
3. Add the defrosted berries, saving one for garnish.
4. Fold in the Crème Fraiche or ice-cream, sprinkle with caster sugar if required.
5. Gently place the mixture in serving dish, top with retained berry.
6. Enjoy!!!!

## Fruits of the Forest Smoothie

- 3oz Frozen Berries
- 2 floz Yogurt
- 4 floz Apple Juice (unsweetened)  
Sugar to taste

### Method:

1. Place all the ingredients in to a small jug and blend with a stick blender until smooth.

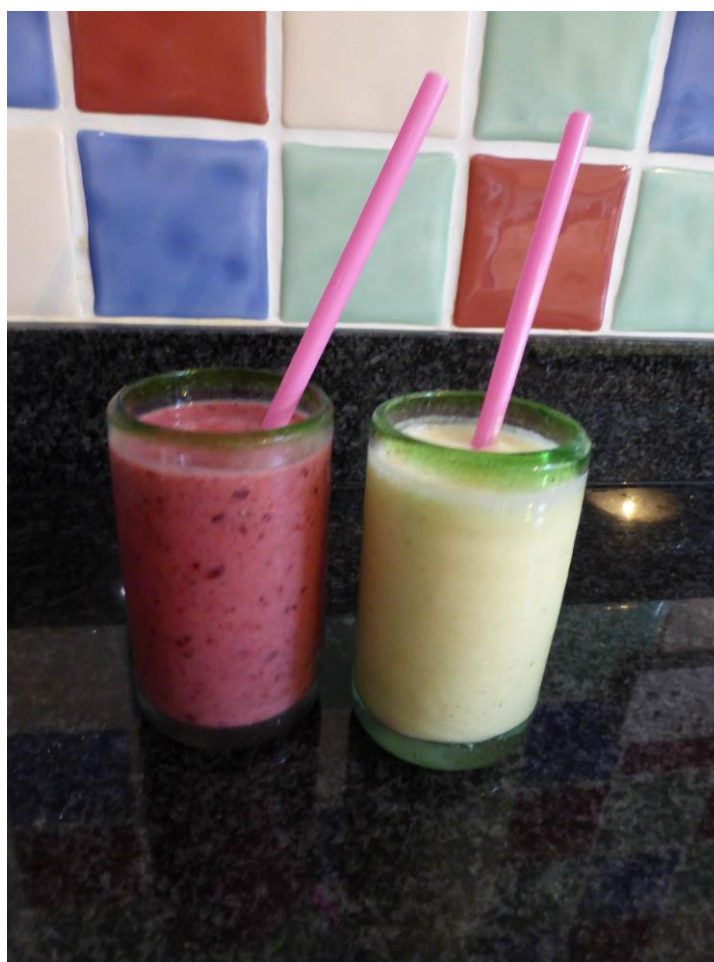
## Pina Colada Smoothie/Cocktail

### Ingredients

6 Chunks Frozen Pineapple  
2 Teaspoon Coconut Milk Powder  
4 floz Pineapple Juice  
2 floz Yoghurt  
Splash of White Rum (optional)

### Method

1. Place all the ingredients in to a small jug and blend with a stick blender until smooth.



This session has been kindly sponsored by