

Ingredients

- 2 small egg whites
- 90g caster sugar
- 1/2 tsp cornflour
- 1/2 tsp vanilla essence or extract
- For the filling
- 75g low fat crème fraîche or double cream
- 100g Greek yogurt
- 2 tbsp lemon curd
- 2 punnets of berries, chopped (choose your two favourites from raspberries, strawberries and blueberries)

Method

1. Line a baking sheet with baking paper. Take a completely clean and dry medium-sized bowl, drop in the egg whites and whisk until stiff. Add the caster sugar, one third at a time, beating well in between each addition until glossy and stiff. Sieve in the cornflour and gently fold it through the mixture, along with the vanilla.
2. Spoon onto the baking sheet and spread out to a rectangular shape. Create a 2- 3 cm rim around the edge, and hollow the centre a little to make room for the filling.
3. Bake at 130C/ 110 fan (do not preheat the oven or the meringue will become too brown) for around 1 ¼- 1 1/2 hours. The meringue should be dry but not too firm if you like a chewy centre. Take out the oven and leave to cool.
4. For the filling, gently mix the crème fraîche, Greek yogurt and lemon curd (to taste) together and spoon into the meringue. Top with the berries and serve.

