

Apple Snow

Serves 6



Ingredients	Metric	Imperial
Cooking Apples	1lb	450g
Sugar	15ml	1 Tablespoon
Water	5 fl oz	150ml
Lime Jelly	1 pack	1 pack
Egg Whites	2 large	2 large

Peel, core and roughly chop apples.
Place in saucepan with water and sugar.
Cook until soft.
Melt jelly into cooked apples.
When cooled, pass through fine sieve.
Whisk egg whites until peaks are formed.
Gently fold whisked egg whites into apple mixture.

Place in bowl, or individual glasses/dishes, and place in fridge to set.

Decorate as desired, and enjoy this gorgeous, light desert.

Enjoy,

Love Helen x

