



Did you know?

Strawberries are good for your whole body. They naturally deliver vitamins, fiber, and particularly high levels of antioxidants known as polyphenols -- without any sodium, fat, or cholesterol.

METHOD

- Whisk the double cream and cream cheese to soft peaks.
- Hull the strawberries, then roughly chop half and quarter the rest.
- Blitz the chopped berries and icing sugar until smooth, then fold through the cream.
- Layer the strawberry cream into dessert glasses with the quartered berries, crushed meringue nests and crumbled gingernut biscuits and serve.

Olive Dining

MONTHLY BULLETIN | CHEF'S CHOICE RECIPE

STRAWBERRIES

INGREDIENTS

300ml Double Cream

100g Cream Cheese

300g Strawberries

2 tbsp Icing Sugar

2 Meringue Nests, Crushed

2 Gingernut Biscuits, Crumbled