



**Meringue Nest With Cacao Mousse and Raspberries**

**Quick Easy And Will Stop A Craving In Its Tracks!**

**Per Person:**

- 1 x medium Meringue Nest
- 2 tbsp of 0% Greek Style Natural Yogurt mixed with 1 tsp cacao powder.
- Add 1 drop of vanilla essence if you need
- Dollop onto your meringue nest
- Add a handful of raspberries on top. (use frozen if not available fresh)
- Melt 1 square of dark chocolate (70%) and drizzle over
- Dust over cinnamon to finish
- Under 200kcal