



No-Cook: English Eton Mess Fruit Salad+Silken Lemon Meringue Pie Pudding+Lemon-Berry Sip

By Dylan Sabuco

Prep Time 25 / **Cook Time** 0 / **Serves** 4 - 6

Shopping List

☐ FRESH OR FROZEN

☐ 4 C fresh or frozen berries (your choice—my favorites are blueberries, strawberries, and raspberries)

☐ 3 lemons

☐ 1 12-16 oz pkg silken tofu ****(see allergy subs below)****

☐ PANTRY

☐ 1 tsp pure vanilla extract ****(see allergy subs below)****

☐ 1 1/3 C granulated sugar

☐ 1 C sparkling water

☐ HAVE ON HAND

☐ 2 C water

☐ ice (optional)

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

pour: to cause liquid, granules, or powder to stream from one container into another.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- ☐ Large bowl
- ☐ Cutting board + kid-safe knife
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Citrus squeezer or juicer
- ☐ Blender (or pitcher + immersion blender)
- ☐ Pitcher
- ☐ Liquid measuring cup

Ingredients

English Eton Mess Fruit Salad

- ☐ 3 C fresh or frozen berries (your choice—my favorites are blueberries, strawberries, and raspberries)
- ☐ 1 lemon, zested and juiced
- ☐ 1 T granulated sugar

Silken Lemon Meringue Pie Pudding

- ☐ 1 12-16 oz pkg silken tofu ******(for SOY ALLERGY sub 1 1/2 C plain Greek yogurt or dairy-free/nut-free

yogurt)**

☐ 1 lemon, zested and juiced

☐ 1 tsp pure vanilla extract **(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**

☐ 1/2 C granulated sugar

Fresh Lemon-Berry Sip

☐ 1 lemon

☐ 2/3 C granulated sugar

☐ 1 C fresh or frozen berries (your choice—my favorites are blueberries, strawberries, and raspberries)

☐ 2 C cold water

☐ 1 C sparkling water

☐ ice, optional

Food Allergen Substitutions

English Eton Mess Fruit Salad

Silken Lemon Meringue Pie Pudding

Soy: For 1 pkg silken tofu, substitute 1 1/2 C plain Greek yogurt (or dairy-free/nut-free yogurt).

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Fresh Lemon-Berry Sip

Instructions

English Eton Mess Fruit Salad

intro

Eton mess is a classic dessert from Eton College England. Legend has it that the original was actually made in an attempt to clean up a mess. The story goes that a dessert of strawberry pavlova was spilled on the field of a cricket match at Eton vs. Harlow. Instead of wasting the dessert, the servers scooped it into glasses and served it to the guests, and Eton mess was born! The English Eton Mess Fruit Salad recipe below combines with our **Silken Lemon Meringue Pie Pudding** recipe to create the complete Eton mess.

chop + sprinkle

Have your kids gently chop **3 cups fresh or frozen berries** and place them into a large bowl. Sprinkle the berries with **1 tablespoon sugar** and stir a few times to coat them in the sugar.

zest + juice + stir

Zest and juice **1 lemon** into the bowl of coated berries. Stir a few more times, to dissolve the sugar.

reserve + serve

Reserve the fruit salad if you are also making the **Silken Lemon Meringue Pie Pudding** and layer the two recipes in cups. Or enjoy it by itself! This fruit salad can be chilled overnight or served right away. You will surely be chuffed to bits (very pleased) when you dig into this recipe!

Silken Lemon Meringue Pie Pudding

measure + drain

Open **1 package of silken tofu** and drain any excess water. Pour the tofu into a blender. Measure **1 teaspoon vanilla extract** and **1/2 cup sugar** and add them to the blender with the tofu.

zest + juice

Have your kids zest and juice **1 lemon** into the blender.

blend + serve

Blend all the ingredients. Take a taste test. If needed, add more sugar 1 to 2 teaspoons at a time. Once the flavor is perfect, if you are also making the **English Eton Mess Fruit Salad**, layer the two completed recipes in cups. Or enjoy it on its own, chilled overnight. Eat and enjoy!

Fresh Lemon-Berry Sip

zest + juice

Have your kids zest and juice **1 lemon** into a pitcher.

measure + mix

Measure **1 cup fresh or frozen berries** and **2/3 cup sugar** and pour them into the pitcher. Smash them together with a wooden spoon. Add **2 cups cold water** and **1 cup sparkling water**.

pour + cheers

Pour over ice or serve at room temperature. Cheers!

Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.