

**Get your Bake on: Purple
Fruit Rippled Meringues
(using an Ella's Kitchen
Fruit Pouch)**

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Pouch)**



I have been meaning to make some large, individual meringues for a while now, but I just don't seem to have the time. Today, however, I have been quite productive (no idea why, I must be coming down with something) and managed to make some.

I keep seeing delicious rippled meringues in the shops and they look so amazing that I had to have a go. Mine are definitely 'rustic' and home-made, but that's half of their charm, right?! ☐

These aren't your traditional rippled meringues using fruit you puree you made yourself, however. For these ones, I used

an [Ella's Kitchen, 'The Purple One'](#) Pouch to ripple through the meringue which makes for a nice change and also gives the meringues a bit of a jammy texture in places which I really like. Who doesn't love a sticky, chewy meringue?!

Sorry toddlers, but the Ella's Pouches are mine now, hand them over...

So, without further ado, here is the recipe!

Ingredients

(makes approximately 5 large meringues)

(Prep time – 15 minutes)

(Baking Time – 2 hours 20 minutes)



1 [Ella's Kitchen, 'The Purple One' Pouch](#)

15g Icing Sugar, sifted

295g Caster Sugar

5 Large Egg Whites (Please don't bin the yolks – why not make some homemade Custard or Mayo?!))

Fresh Fruit of your choice and Cream to serve

Method

- 1 – Turn the oven on and pre-heat to 180'c and place some Grease-proof paper on a couple of large baking sheets.
 - 2 – Place the contents of the Ella's Kitchen Pouch into a small bowl and add the 15g of sifted icing sugar. Stir well.
 - 3 – Place the egg whites in a bowl and, using a hand or stand mixer, whisk until stiff peaks form.
 - 4 – Gradually add a tablespoon of sugar at a time until all the sugar is incorporated. The mixture should be very thick and glossy, and stand in peaks on it's own, once ready.
 - 5 – Spoon large mounds of Meringue Mixture onto your baking sheets (I would say about the rough size of a saucer) until all the mixture has been used up. Ensure you leave a little growing room around each meringue mound, about 4cm should do it.
 - 6 – Drizzle a tablespoon of the Ella's kitchen and icing sugar mixture gently onto the top of each meringue and, using a skewer or cocktail stick, swirl it into each meringue mound.
Do not fold it in or your Meringues will collapse.
 - 7 – Place in the oven to bake/dry out for 2 hours 20 minutes – ***IMMEDIATELY TURN YOUR OVEN DOWN TO 110'c*** as you place them in there.
 - 8 – Turn the oven off and leave inside to cool down.
 - 9 – Once cool, remove from the oven and serve as you wish, but some fresh berries and some whipped double cream (with a bit of vanilla stirred through) would do the job nicely in my book!
- *These should keep well for a couple of days in an airtight container. The perfect make ahead, hassle free pudding for

when you're entertaining!*



If you have a go at this recipe, do share it with me over on my [Facebook](#) page (you can give me a like while you're there too if you fancy it, I'm very friendly...and only a little bit bonkers) or over on my [Instagram](#) by tagging me @lifeisknutts.

You can find more of my recipes in my, ['Not quite Mary Berry'](#) series, by clicking here.

Happy Baking!

Gems . x



Pick your Poison: 'The White One' gets a makeover!

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Who said these [Ella's Kitchen](#) smoothie pouches were for babies and toddlers?!

As soon as I saw these particular pouches, made with pineapple, coconut, banana, apple and a dash of lemon juice I thought...cocktail. (Is that bad of me?! I guess it might be. Please try not to judge, I live in a house with 4 boys. That can drive anyone to cocktails...)

I decided to have a fiddle about with a couple of these smoothie pouches and finally settled on a recipe I liked. It's a bit like a thick Pina Colada – fruity, tropical and refreshing. And surely, if it has fruit smoothie in it, it's at least 1 of your 5 a day. Go on, have 5 and fill your daily fruit quota ☐

Ingredients

(To make 1 cocktail)

1 [Ella's Kitchen 'The White One' Smoothie Pouch](#)

1 scoop of Vanilla Ice Cream

50ml Pineapple Juice

50ml Malibu

Juice of 1/2 a lime

Some cubed ice

A Cherry, some mint and a Wedge of Lime to decorate.

Method

1. Place the contents of the Ella's Kitchen Smoothie Pouch in a blender.
2. Add the scoop of vanilla ice cream, pineapple juice, squeeze of lime juice and Malibu into the blender.

3. Place the lid on the blender and whizz for 30 seconds.
4. Put some ice in a glass and pour the contents of the blender over the ice.
5. Garnish with a cherry, a wedge of lime and some mint leaves on top.

Enjoy!!!

(Just don't share it with your toddler!)

If you make this cocktail, do let me know and share a photo of it over on my Facebook Page or over on my Instagram by tagging me @lifeisknutts.

Happy cocktail o'clock Knutters!