

## Low FODMAP Mini Mont Blanc

Chestnuts don't always have to be roasting on an open fire at Christmas: they can be sweetened and piled into tiny, mountain-shaped meringues with cream and chocolate for a low-FODMAP, gluten-free pudding. You don't have to make your own meringues and if you do, you can simply shape dollop-y nests using a dessertspoon instead of piping but this seems like a missed opportunity to easily impress.

Most people with IBS can tolerate 60g of whipped cream. Chestnut puree is made with boiled chestnuts and this serving is well within the low-FODMAP safe serving of 168g. If you can get ready sweetened puree from Clement Faugier, please do, it's delicious! Otherwise I have given you a recipe to make your own. Depending on the size of your egg white you may have some cream and chestnut left over, I call these a breakfast bonus.



### Ingredients

**Serves 4-6 depending on the size of your egg**

Meringues

- 1 medium egg separated
- 1.5 caster sugar to the weight of egg white

Either

- 150g of sweetened chestnut puree

Or

- 150g of Sweetened chestnut puree
- ½ tsp vanilla extract
- 3 tbsp icing sugar
- 150g whipping cream (do not use double cream)
- 50g plain chocolate

## Method

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Preheat a non-fan oven to 120°C - you will need to watch the oven temperature like a hawk. Line a baking sheet with non-stick baking paper. Place a piping bag, fitted with a large rosette nozzle, upright, in a tall glass.

Ensure your bowl is dry and entirely free-from all traces of grease. Whisk the egg whites until they form stiff peaks. Add the sugar one tablespoon at a time, whisking well in between to make sure all the sugar is combined.

Stop when the meringue is looking thick, peaky and glossy. Fill the piping bag. When piping it is really important you squeeze from the top down and not the middle.

Pipe the meringues onto the lined baking sheet in 5cm nests: it's easier to start piping from the middle outwards and finish with an extra swirl around the outside edge. Bake in the middle of the oven for 1 hour.

The meringues will be ready when they lift away from the paper. Remove from the oven and allow to cool for half an hour on the baking sheet.

If you are using unsweetened puree, beat all the ingredients together until smooth. Fill a piping bag fitted with a small nozzle (2mm is ideal) with the now-sweetened chestnut puree. Whip the cream until it reaches a soft peak stage, fill a piping bag with the same nozzle you used to pipe the meringues.

Lay the meringues on a platter. Pipe in some chestnut puree in the base of the nests, then cover with piped cream. Top the cream with squiggles of chestnut puree in a haphazard, craggy design. Finally grate the chocolate over the tops. These will get sticky and soft as they stand so try to serve within the hour. Alternatively, make all the elements separately and assemble at the last minute.